



## REGION 7

### 2019 Region 7 Congress Preliminary List of Lecture Topics

*List as of March 7, 2019- All Information subject to change  
More Coming Soon!*

Keep up-to-date with the latest information at [usagymrc.com](http://usagymrc.com)

#### Women Xcel and Compulsory Topics

- Drills and Skills for the Handspring Vault
- Women Xcel Update
- Drills and Skills for Level 3
- Xcel Q&A
- Air Awareness
- Xcel Bars/Vault Drills
- Learning the Fine Points for Compulsory Dance
- Xcel Choreography for Beam
- Front Tumbling Basics
- Xcel Choreography for Floor
- Tumbling Round off to the Layout
- Skills and Drills for Casting and Circling

**Scheduled Presenters:** *Mike Vanim, Jane Caruso, Tom Koll, Derick Moellenbeck, Cheryl Jarrett*

#### Women Optional Lecture Topics

- Women JO Update
- Managing Daily and Weekly Micro Cycles of Periodization
- Team Requirements: What are your Standards?
- Incorporating Leadership in Your Program
- Level 6/7 Vault
- Inquiries at Optional Meets...What Can I Ask the Judge?

- Yurchenko Vaults
- Using Core Conditioning to Improve Shape
- Developing a Yearly Optional Plan
- Bar Releases: Geinger, Reverse Hecht and Jaeger
- Floor tumbling: Double Backs, Arabians, Double Layouts and Full-Ins
- Understanding College Recruiting
- Women's NCAA Update
- Opportunities for Gymnasts to Compete in Collegiate Acrobatics & Tumbling

**Scheduled Presenters:** *Derick Moellenbeck, Tom Koll, Tony Gehman, Mary Wright*

### **Live Lecture Topics**

- How to Create a Floor Routine from Scratch
- Hands on Spotting Recreation
- Compulsory Review Beam Coach to Judge Perspective
- Kips, Kips and More Kips
- Compulsory Review
- Beam: Improving Artistry and Execution Improves your Score
- Hands on Spotting for Compulsory/Xcel
- Hands on Spotting Back Handsprings
- Hands on Spotting Optional Skills
- Floor: Improving Artistry and Execution Improves your Score
- Ninja Curriculum
- Drills for Leaps, Jumps and Turns
- Beam Acro
- The Most Important Basic Drills to Lead to Advanced Skills

**Schedule Presenters:** *Tom Koll, Myra Elfenbein, Derick Moellenbeck, Mary Wright, Jane Caruso, Zachary Gordon, Tammy Biggs, Barry Mattern, Adam Bowman*

### **Recreational Lecture Topics**

- 31 Creative Ideas to Reward Student Achievements
- Pre-School to Recreation Bars
- 14 Characteristics of Irreplaceable Gymnastics Teachers
- Cheez-ology the Many Many Ways to Use a Wedge Mat
- Skill Deconstruction and Lesson Planning
- Special Needs
- Observation and Evaluation
- Crawlers, Walkers, Runners...How to Get Parents Involved
- Let's Talk to the Parents
- Recreation Beam
- Recreation Vault

**Scheduled Presenters:** *Steve Greeley, Linda Thorberg, Brant Lutska*

### **Sports Science Lecture Topics**

- Games Girls Play: Understanding the Power of the Mind
- Games Girls Play: Psychological Considerations of Performance
- Resilience: Turning Stress into Strength
- “It’s All About Balance.”: A Balance of Joint Flexibility and Joint Control
- Training Tips for Preventing Spine Issues in Gymnasts
- Low Back Pain and Hyperextension Injuries
- Training Tips for Preventing Heel Pain in the Gymnast
- Hurting Vs. Injury: How to Help Gymnasts Identify the Difference
- Training Tips for Improving Overhead Range of Motion
- How do I Get the Parents Onboard to Eating Healthy
- Fueling the Athlete for a Meet vs. Training
- Eating to Heal
- Taping 101 How To
- Recognizing and Returning to Play After Concussion
- Strength and Conditioning your Core

**Scheduled Presenters:** *Caroline Silby, Lauren Kramer, Talia Trappuzzano Eubanks, Heather Dubin*

### **Business Lecture Topics**

- Independent Contractor or Employee: Fact or Fiction
- Safe Sport Update
- Travel Time and Hours Worked. Properly Paying Wages to Non-Exempt Employees
- Employee Handbooks: What You Need & What You Don’t
- Leadership Communication. How to Make an Impact Being Strong, Warm and Present
- Topic Leaders for Business Discussions
- Let’s Talk about the Top 20-25 Policies that Every Club Needs to Have Perfected
- Understanding your Payroll. This is Your Largest Business Expense Let’s Get it Under Control
- Safe Sport Q&A
- Most Common Business Bookkeeping Mistakes
- Rent, Own or Build Making the Choice
- Staff Meetings that GSD- Solutions for Optimizing Non-Revenue Labor Hours
- Adding Ninja = Adding Money
- Generation Alpha- Marketing to Millennials as Parents

**Scheduled Presenters:** *Ryan Nelson, Steve Greeley, Steve Cook, Loree Galimore, Sean Dever, Casey Wright*