



2019 Region 8 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

Women Xcel and Compulsory Lecture Topics

- The Art of Developing the Whole Gymnast Using Warm-Ups and Cool Downs
- Women's Xcel Update
- Properly Programming a Pre-Team Feeder Program
- 31 Creative Ideas to Reward Students Achievements
- Xcel and Compulsory Panel Discussion
- Conditioning with Fun in Mind
- Drills and Skills for Level 3
- Getting the Most Out of Gymnasts on Limited Hours
- Succeed in Compulsory While Preparing for Optionals
- Compulsory Review Beam
- Xcel Beam: Major Skills for Each Level
- Composition for Xcel Silver and Bronze
- Composition for Xcel Diamond and Platinum

Scheduled Presenters: *Kim Stiefel, Megan Kodetsky, Tom Koll, Nicole Langevin*

Women Optional Lecture Topics

- Women JO Update
- Conditioning the JO Athlete
- Warm-Ups
- Beam Drills and Sequences
- Compulsory Bars
- Optional Bars
- Yurchenko Vaults Through Flipping

- Lead-Ups for Optional Beam Dismounts
- How to Create a Floor Routine from Scratch
- Level 6/7 Vault
- Women's Optional Panel Discussion
- Developing Double Tucks, Pikes and Layouts
- Understanding College Recruiting
- Women's NCAA Update
- Opportunities for Gymnasts to Compete in Collegiate Acrobatic & Tumbling

Scheduled Presenters: *Brad Harris, Ludmila Shobe, Nicole Langevin, Tom Koll*

Live Lecture Topics

- Hands on Spotting Recreation
- Hands on Spotting Compulsory/Xcel
- Special Needs Inclusion
- Bars-Conditioning and Drills for Kips and Compulsory Skills
- Compulsory Floor Review
- Using Props and Games
- Ninja Curriculum
- Hands on Spotting Optional
- Developing the Tap Swing Leads to Everything
- Developing the Round Off Back Handspring, Tuck and Layout
- Switch Sides and Beyond
- Casting and Circling
- Yurchenko Drills
- Intermediate to Advanced Tumbling

Scheduled Presenters: *Cindy Bickman, Brad Harris, Tom Koll, Annette Thomas, Nicole Langevin, Steve Arkell*

Recreation Lecture Topics

- How to Retain Your Staff and Students
- Coaching Gymnasts with Special Needs
- Creative Coaching
- Rhythmic Xcel- Challenge your Rec Students to Achieve More in Rhythmic Gymnastics
- 14 Characteristics of Irreplaceable Gymnastics Instructors
- Cheez-ology: The Many Many Ways to Use Wedge Mats
- To Sport or Not to Spot?
- Recreation Bars
- Understanding the School-Age Child: Why, How and What to Teach
- Recreation Beam
- Warm-Ups

- Lesson Planning
- Conditioning for ALL: Preschool to Preteam
- Recreation Vault and Floor
- Class Progressions to Keep Them Moving in the Right Direction

Scheduled Presenters: *Annette Thomas, Cindy Bickman, Jeff Lulla, Michelle Kocan*

Sport Science Lecture Topics

- Returning to Play After a Concussion
- Coaching Considerations for the Female Athletes
- Taping 101 How To
- Helping Your Gymnast as They Mature
- Organizing Training and Positive Communication with Your Athletes
- Wrist Pain Treatment and Prevention
- How to Prepare Younger Gymnasts for Higher Level Training
- Coaching Gymnasts...Coaching Life
- Train Smarter: Periodized Strength & Conditioning for Gymnasts
- Mental Training Through Injury
- Smarter Landings = Safer Landings in Gymnastics
- This is Your Brain on Gymnastics
- Lower Extremity Injury Prevention for Gymnastics

Scheduled Presenters: *David Marshall, Daniele Albert, Kelli McLaren, Dr. Alison Arnold*

Business Lecture Topics

- Let's Talk About the Top 20-25 Policies That Every Club Needs to Have Perfected
- Safe Sport Update
- Most Common Business Bookkeeping Mistakes
- Maximizing Your Business Profits! Learn Smart Tricks to Profit More with Your Business
- Topic Leaders for Business Discussions
- No More Rinky, Dinky, Thinky... Elevating Your Gym Operations
- Safe Sport Q&A
- Legal Liability A-Z
- You're Only as Good as Your Systems... How to Turn Your Job into a Business by Systemizing Your Core Processes and Procedures
- Pivot... How to Grow in New Directions
- Goals for Your Team and for Yourself... Best Methods for Creating Clearly Defined Goals
- The Pros and Cons of Having Your Own Meet Scores Company, and the Target Audience is Gym Owners
- Adding Ninja = Adding Money

- Your Organizational Chart... How to Use your Chart to Lead, Manage and Hold Your Team Accountable

Scheduled Presenters: *Steve Cook, Loree Galimore, Julie King*