



USA GYMNASTICS.

REGION

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2017 Region 2 Congress TENTATIVE Schedule *(subject to change)* - JUNE 24-25

Black Hills Gymnastics - 7961A 29th Ave NE - Lacey, WA 98516

SATURDAY, JUNE 24

TIME	RECREATIONAL	SPORT SCIENCE	COACHING	COACHING	TECHNICAL	TECHNICAL
8:30-9:30	April Sawyer Preschool Theme Weeks to Work with Any Gym	Renee Pirkl Introduction to Sport Psychology and Mental Skills Training	JO Update	JO Update Laurie Reid, Linda Mulvihill, Connie Maloney	JO Update	JO Update
9:45-10:45	Dr. Pamela Evans School Age/Preschool Vault	Justin Wolford Safe Sport	Laurie Reid Are you teaching and judging compulsory beam correctly?	Renee Pirkl Mental Toughness	Connie Maloney Compulsory Level 3-5 FX Dance	Ann Heppner Performance Science for Judges
10:45-11:15	COFFEE BREAK					
11:15-12:15	Dr. Pamela Evans Running a Successful Parent and Tot Program	Keita Shimada Managing the Common Gymnastics Injuries	Laurie Reid Drills to make compulsory bars more efficient	April Sawyer A-Z Pre-Team Skill Training	Linda Mulvihill Level 10 Composition BB/UB/FX	Denise Green How to be a meet referee and chief Judge
12:15-1:30	LUNCH BREAK					
1:30-2:30	Quin Shannon Making Warm Ups Fun 2.0	Renee Pirkl Fear in Gymnastics	Laurie Reid Are you teaching and judging compulsory floor correctly?	Justin Wolford Optional Vault Drills to Incorporate in your Compulsory Workout	Linda Mulvihill Compulsory Level 3-5 BB Dance	Marian DeWane & Elise Ray NCAA Update
2:45-3:45	Dr. Pamela Evans Choreographic Games to Teach Performance Quality	Keita Shimada Preventing Lower Back Injuries	Justin Wolford NCAA Recruiting	Quin Shannon The Handspring Vault and Beyond	Connie Maloney Compulsory Level 3-5 BB Acro	Ann Heppner Bar Advanced Shorthand
4:00-5:00	Quin Shannon Intermediate Skills for Classes	Keita Shimada Flexability, Stability, Mobility	Justin Wolford Optional Bar Drills to Incorporate in your Compulsory Workout	↔	Connie Maloney Uneven Bars 101 Evaluating Basic Elements	Marian DeWane Practice Judging Optional Vault



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SUNDAY, JUNE 25

TIME	RECREATIONAL	BUSINESS/SPORTS SCIENCES	COACHING	COACHING	TECHNICAL
8:30-9:30	April Sawyer A-Z of Preschool/ School Age Gymnastics	Sheri Berryessa COMMUNICATION "Say What?"	↔	Quin Shannon Spotting a double back on floor, without actually spotting it	Dianne Palmer Xcel Update
9:45-10:45	April Sawyer Be Your Students Best Coach...Skill Deconstruction	Dr. Pamela Evans Hiring and Training Teenage Coaches	Dianne Palmer Xcel Beam Dance and Acro Series...understanding connection issues	Quin Shannon Compulsory Interactive Skill Spotting	Denise Green Beginning Shorthand
11:00-12:00	Dr. Pam Evans Lesson Plans that give the Coach a Voice	Karissa Johnson Inclusion and Special needs business model	Justin Wolford	Quin Shannon How to coach the other 90%...non-elite gymnasts	Linda Mulvihill Uneven Bar Technique Bar to Bar Releases
12:00-1:30	LUNCH BREAK				
1:30-2:30	Laurie Reid Preschool/School Age Skills and Drills Lecture	Dr. Pam Evans Advertising Ideas without Breaking the Bank	Dianne Palmer Clearing up Confusing between Xcel and Junior Olympic	Sheri Berryessa Effective Drills for Tumbling High	Connie Maloney Xcel Practice Judging Silver & Gold Floor
2:45-3:45	Karissa Johnson The importance and Benefits of inclusion/special needs classes	Laurie Reid How to do an effective interview	Dr. Pamela Evans Diffusing Difficult Situations with Parents	Quin Shannon Drills for Twisting	Linda Mulvihill Level 9/10 Beam Connection Bonus

Add-On Courses

R102: Preschool Fundamentals – Sunday, June 25 – 3:30-8:30 pm

U101: Safety and Risk Management – Friday, June 23 – 5:00-10:00 pm

Women's Judging Exam – Friday, June 23 –4:30-9:00 pm