



2017 Region 3 Congress TENTATIVE Schedule *(subject to change)* - JUNE 10-11

Double Tree by Hilton Hotel Dallas Near the Galleria - 4099 Valley View Lane - Dallas, TX 75244

SATURDAY, JUNE 10

	CYPRESS	EBONY	SOUTH	CENTRAL	NORTH
TIME	RECREATIONAL	BUSINESS	COACHING	COACHING	TECHNICAL
8:30-9:30	<b>Abbie Hillis</b> Preparing Recreation gymnasts for competitive gymnastics	<b>David Holley</b> Risky Business: Engineer Safe Gymnastics	<b>Jerit Pogue</b> The New Men's Xcel Program?	<b>Junior Olympic Update</b> Carole Bunge, Ashley Baker, Annie Heffernon, Rich Villarreal	<b>Junior Olympic Update</b>
9:45-10:45	<b>Beth Gardner</b> Preschool/School Age Bars	<b>Loree Galimore</b> Safe Sport	<b>Marcus Harlin</b> Basic to Advanced Tumbling	<b>Lisa Bowerman</b> NCAA Presentation	<b>Carole Bunge &amp; Cindy Miyake</b> Xcel Practice Judging Sliver & Gold FX
10:45-11:15	<b>COFFEE BREAK</b>				
11:15-12:15	<b>Beth Gardner</b> Preschool/School Age Floor	<b>Abbie Hillis</b> Director's and Manager's Guide to success	<b>Jan Eyman &amp; Marilyn Blilie</b> Being Particular with General Deductions on 3/4/5 Floor	<b>Zari Goldman</b> Bar Shaping from Pre-Team Up	<b>Donnalynn Trevethan &amp; Lisa Bowerman</b> NCAA Judges Update
12:15-1:30	<b>Lunch Break - CLUB OWNERS LUNCHEON <i>(must be preregistered to attend)</i></b>				
1:30-2:30	<b>Abbie Hillis</b> Games in your preschool lesson plans	<b>Debi Holley</b> Legislation Education	<b>Steve Arkell</b> Flipping Vaults	<b>Zari Goldman</b> Conditioning Your Optional Athletes	<b>Carole Bunge</b> Uneven Bar Technique Bar to Bar Releases
2:45-3:45	<b>Beth Gardner</b> Preschool/School Age Skill Deconstruction	<b>Andy Gillham</b> Examining the Culture at your Gym	<b>Steve Arkell</b> The big 5 on Bars	<b>Zari Goldman</b> Building Optional Skills into Compulsory athletes	<b>Carole Bunge</b> Compulsory Beam Levels 3-5 Dance
4:00-5:00	<b>Beth Gardner</b> Understanding the Preschool/School Age Child	<b>Loree Galimore, David and Debi Holley</b> Top Business Tips, Networking and Q & A	<b>Brandi Smith-Young</b> Taping 101	<b>Annie Heffernon</b> Floor Routine Construction	<b>Carole Bunge</b> Level 9/10 Beam Connection Bonus



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<b>TIME</b>	<b>RECREATIONAL</b>	<b>SPORTS SCIENCE</b>	<b>COACHING</b>	<b>COACHING</b>	<b>TECHNICAL</b>
<b>8:30-9:30</b>	<b>Beth Gardner</b> Special People in Your Gym: Opening Your Door to Special Needs	<b>Brandi Smith Young</b> When the hands hit the ground: Preventing Wrist Injuries in Gymnast	<b>Abbie Hillis</b> Lesson Planning and drills for compulsory Beam	<b>Diane Amos</b> Intense Basics Body Line and Dance Elements	<b>Linda Thorberg</b> Uneven Bars 101 Evaluating Basic Elements
<b>9:45-10:45</b>	<b>Linda Thorberg</b> When will Suzie get her kip?...appropriate Rec bar Activities	<b>Beth Gardner</b> Motor Learning Theory of Muscle Memory	<b>Marcus Harlin</b> Beginning Bar Release the Correct Way	<b>Zach Crumpton</b> The handspring vault	<b>Loui Janecky</b> Xcel Update & FAQ
<b>11:00-12:00</b>	<b>Beth Gardner</b> Preschool Beam	<b>Andy Gillham</b> Introduction to Sport Psychology and Mental Skills Training	<b>Diane Amos</b> Charts and Games for Beam...How Work Gets Done	<b>Marcus Harlin</b> Intro to the RO Entry Vault	<b>Linda Thorberg</b> Compulsory Floor Levels 3-5 Dance
<b>12:00-1:30</b>	<b>LUNCH BREAK</b>				
<b>1:15-2:15</b>	<b>Linda Thorberg</b> Give me more...more...more.. Parent and Child class stations	<b>Andy Gillham</b> Improving Coach to Athlete Motivations	<b>Zach Crumpton</b> Bridging the Gap from compulsories to optional bars	<b>Jan Eyman &amp; Marilyn Blilie</b> Get excited about Xcel join the Xplosion	<b>Carole Bunge</b> Compulsory Beam Level 3-5 Acro
<b>2:30-3:30</b>	<b>Beth Gardner</b> Vaulting in your Rec Classes	<b>Brandi Smith Young</b> Solid Shoulder Complex to Prevent Shoulder Injuries in the Gym	<b>Diane Amos</b> Beam Drills for Advanced Skills	<b>Steve Arkell</b> Balance of Proper Tumbling how to create rotation for power	<b>Linda Thorberg</b> Level 10 Composition UB, BB, FX

**Add-On Courses**

- U101 Safety and Risk Management – Friday, June 9 – 5:00-10:00pm-South
- R102: Preschool Fundamentals – Friday, June 9 – 5:00-10:00pm-Cypress
- R301: Brain & Body – Beyond the Basics – Sunday, June 11 – 4:00-9:00pm-South
- Judges Exam – Friday, June 9 – 4:30pm-9:00-North



USA GYMNASTICS®

REGION

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Region 3 Evening Events

Saturday 5:30-7:00p.m.

Region 3 Reception

Garden Terrace

Complimentary Hors d'oeuvres and Drinks

Silent Auction