



2018 Region 3 Congress TENTATIVE Schedule *(subject to change)* - JUNE 16-17
 Double Tree by Hilton Hotel Dallas Near the Galleria - 4099 Valley View Lane - Dallas, TX 75244

SATURDAY, JUNE 16

	CYPRESS	EBONY	SOUTH	CENTRAL	NORTH
TIME	RECREATIONAL	BUSINESS	COACHING	COACHING	TECHNICAL
8:30-9:30	April Sawyer Preschool Theme Week- Themes that can Work in any Gym	Jeff Metzger You Can't Make a Great Business with Good Employees	Louise Janecky Xcel Drills and Lead Ups	Junior Olympic Update Carole Bunge, Rich Villarreal	
9:40-10:40	Joanne McLay In Depth Progression for Parent and Tot Skills	Chris Tebo Safe Sport Policy Update	Dan Baker Developing the Round Off Yurchenko Vault	Cheryl Jarrett Skills and Drills for Compulsory Floor	Bunge/Hamilton Level 10 Bars/Floor Composition & Practice Judging
10:40-11:10	COFFEE BREAK				
11:10-12:10	Joanne McLay Yoga and Gymnastics	Chris Tebo Understanding the Reporting Process	Dan Baker Twisting the Yurchenko	Jan Eyman Working in Tandem Levels 1-10 and Xcel. How to Merge and Grow	Bunge/Dykes Level 9 Bars/Floor Composition & Practice Judging
12:10-1:40	Lunch				
1:40-2:40	April Sawyer How to Start a Special Needs Program	Jeff Metzger Managing by Numbers...Without over Managing	Rich Villarreal Tumbling Building from Basics	Cheryl Jarrett Optional Acro Beam Building for the Future	Dykes/Hamilton Level 10 Beam Composition & Practice Judging
2:50-3:50	April Sawyer Be Your Students Best Coach by Deconstructing Skills	Jeff Metzger Open Book Management, Incentive Plans and Other Death Defying Feats	Rich Villarreal Level 4/5 Bars	Dan Baker Developing a Tops Program	Bunge/Hamilton Level 9 Beam Composition & Practice Judging
4:00-5:00	Joanne McLay 100+ Hula Hoop Ideas	Kasia Kilijanek Improving Shoulder Flexibility in Gymnasts	Louise Janecky Xcel Bronze, Silver Skills/Drills to Build Routines for the Future	Bunge/Villarreal The New Level 6/7 Vaulting Requirements & Evaluation	



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SUNDAY, JUNE 17

	EBONY	OAK	SOUTH	CENTRAL	TEAK
TIME	RECREATIONAL	SPORTS SCIENCE	COACHING	COACHING	TECHNICAL
8:30-9:30	Michelle Kocan Games to Keep Kids Moving	Randy Goldstein "What a Headache"- Concussion in the Gymnast: How to get Back Quickly and Safely	Cheryl Jarrett Motivating the Motivator	Kassie Haag Building Beam Confidence	Dan Baker Handspring Vaults...What did you See?
9:40-10:40	Michelle Kocan Handstand from Preschool to Presses	Kasia Kilijanek Improving Hip Flexibility in Gymnasts	Christina Crowder Nutrition Periodization for Gymnasts	Kassie Haag How to Find a Good Team Coaches- Building Your Staff by Promoting from Within	DeGuzman/Villareal Evaluating Compulsory Floor Acro Elements Level 3,4 and 5
10:50-11:50	April Sawyer A-Z Pre-Team Skills	Randy Goldstein "How Long are you Planning to Wear that Ankle Brace?" Ankle Pain in Gymnasts	Dan Baker Front Handspring and Beyond	Cheryl Jarrett Skills and Drills for Compulsory Beam	Louise Janecky Xcel Update
11:50-1:20	LUNCH BREAK				
1:20-2:20	Michelle Kocan Conditioning for ALL- Preschool to Preteam	Christina Crowder Inflammation and Injuries	Ashley Rosilier Acrobatics Levels 1-4	Denise Coats-Lauriat NCAA Update	Dykes/Bunge Practice Judging Level 6 & 7 Bars, Beam and Floor
2:30-3:30	Ashley Rosilier Learning the Blocks Program	Randy Goldstein Injury Prevention	Zach Francis Cheer and Acrobatic & Tumbling-One in the Same	Kassia Haag Tumbling Drills and Ideas for Levels 4-8	Dykes/Bunge Level 8 Beam/Floor Composition & Practice Judging



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Region 3 Add-Ons and Events

U101 Safety and Risk Management- Friday, June 15- 5:00-10:00pm- South

R102: Preschool Fundamentals- Friday, June 15- 5:00-10:00pm- Cypress

Women's Judging Exam Level 4&5 Only- Friday, June 15- 6:30-7:30pm- North Saloon

Region 3 Reception- Saturday, June 16- 6:00-Garden Terrace

Women's Judging Exam National & Brevet Only- Saturday Review June 16- 6:00-9:00pm- North/Central Saloon

Women's Judging Exam National & Brevet Only- Sunday Testing- June 17- 8:30-12:30pm- Cypress (Written Exam)- North Saloon
(Practical Exam)