



2018 Region 4 Congress Schedule *(subject to change)* - June 15th – 17th
Hilton St. Louis at the Ballpark - #1 South Broadway – St. Louis, MO 63102

FRIDAY, JUNE 15

	Gateway 3	Gateway 1	Gateway 2	Gateway 4&5	Salon D
TIME	RECREATIONAL	BUSINESS	COACHING	COACHING	TECHNICAL
8:30-9:30	Brant Lutska Games, Music, and Movement	Ryan Nelson Harassment Prevention in the Workplace	Key Note Speaker Kerry Perry Separate Room: Salon D,E,F, G		
9:40-10:40	Linda Thorberg Getting Parents Involved- Parent Child Classes	Chris Tebo Safe Sport Policy Update	Mike Hunger Yurchenko Vaulting Basics and Drills	Bryon Hough Prepare Athletes to Make Correct Changes	Judy Schalk Optional Vaulting
10:40-11:10	COFFEE BREAK				
11:10-12:10	Brant Lutska Start Your Motor, What do you Know about Children?	Chris Tebo Understanding the Reporting Process	Megan Robinson Xcel Update	Bryon Hough Priorities in Compulsories to Prepare for Optionals	Linda Thorberg NCAA Lecture for Women's Judges
12:10-1:40	LUNCH BREAK				
1:40-2:40	Linda Thorberg Make Waiting Time Efficient	Ryan Nelson Critical Mistakes you Must Avoid as an Employer	Bryon Hough Level 1-3 Bars	Paige Roth Make Beam Your Favorite Event	Megan Robinson Xcel Practice Judging
2:50-3:50	Brant Lutska Preschool Vault	Ryan Nelson Properly Paying your Employees	JO Update Linda Thorberg, Rick Nelson, Paige Roth Separate Room: Salon D,E,F,G		
4:00-5:00	Linda Thorberg Let's Make a Lesson Plan. What do you Need?	Business Round Table Steve Cook	Mike Hunger Bar Releases	Paige Roth Drills for Beam	Connie Maloney Level 10 Bars/Floor Composition and Practice Judging

BUSINESS FORUM FOR CLUB OWNERS (INVITE ONLY): Friday, June 15th- 5:15-6:30 Appetizers- Broadway Room



USA GYMNASTICS.

REGION



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	SATURDAY, JUNE 16					
	Gateway 3	Gateway 1	Salon E	Gateway 2	Gateway 4&5	Salon D
TIME	RECREATIONAL	SPORT SCIENCE	BUSINESS	COACHING	COACHING	TECHNICAL
8:30-9:30	Brant Lutska Let's Have a Sidebar about Preschool Bars	Andy Gillham Creating Team Building Activities that Actually Work	Diane Barron 10 Business Practices that Provide and Develop Leadership	Tom Koll Compulsory Floor	Paige Roth How to Coach at an Xcel Meet	Char Christensen Level 8 Beam/Floor Composition and Practice Judging
9:40-10:40	Paige Roth Recreational Beam Activities	Windee Weiss 8,8 and 8 Keeping a Balanced Life	Cindy Scharns Constructing a Competition Experience	Tom Koll Level 3 All Events Drills and Progressions	Kevin Scott Trampoline and Tumbling Program	Connie Maloney Level 9 Bars/Floor Composition and Practice Judging
10:40-11:10	COFFEE BREAK					
11:10-12:10	Linda Thorberg I'm 3 Look at Me	Windee Weiss Good,Better,Best How your Motivational Climate Influences Improvement	Diane Barron "Icing on the Cake" Income Earning Programs in Addition to Classes	Mike Hunger Increase Bar Score Quality of Basics	Tom Koll Switch Leap and its Application to "C" Level Leaps	Char Christensen Level 9 Beam Composition and Practice Judging
12:10-1:40	LUNCH BREAK					
1:40-2:40	Paige Roth Fun & Progressive Drills and Games for Recreation Vault	Andy Gillham Guide to Improve Athlete Self Confidence	Cindy Scharns How Do I Engage and Motivate my Staff?	Tony Gehman Seasonal Training Phases and Peaking your Gymnasts	Tom Koll Artistry and Choreography	Linda Thorberg Level 10 Beam Composition and Practice Judging
2:50-3:50	Sandi McGee Putting Life Back into Beam Beyond the Straight and Narrow	Megan Robinson Developing Xcel Boys in your Business	Cindy Scharns Growing Your Business without Losing the Personal Touch	Tony Gehman Seasonal Floor Exercise Training	Paige Roth Preparing Compulsories for Optional Vault	Char Christensen Level 6&7 Bars, Beam and Floor
4:00-5:00	Sandi McGee Managing Difficult Behaviors	Andy Gillham Creating Coachable Athletes	Diane Barron Why We do What We Do	Tony Gehman Higher, Faster, Stronger	Steve Arkell Proper Swing and Tap on Bars	Linda Thorberg & Tom Koll The New Level 6&7 Vaulting



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SUNDAY, JUNE 17

	Gateway 3	Gateway 5	Gateway 2	Gateway 4	Gateway 1
TIME	RECREATIONAL	BUSINESS/SPORTS SCIENCE	COACHING	COACHING	TECHNICAL
8:30-9:30	Sandi McGee Static Stations in Preschool	Anne Josephson Marketing Research on Todays Parents and How to Reach Them	Steve Arkell Balance of Power and Tumbling	Mike Hunger Using Trampoline More Effectively	Tom Koll Evaluating Compulsory Floor Acro Elements Level 3,4 and 5
9:40-10:40	Sandi McGee Foundation of Movement/ Preschool Tumbling	Anne Josephson My Favorite Social Media Tools	Steve Arkell J.O. Bar Combinations	Tom Koll Compulsory Beam Levels 3-5	Judy Schalk Judging the Handspring Vault
10:50-11:50	Sandi McGee Developing More Depth in our School Age Classes	Anne Josephson Sometimes I Wish I Could Run a Gym Club Without People	Steve Arkell Finding Similarities in Vaulting Families	Mike Hunger Bar Lesson Plans for Consistency	Tom Koll Compulsory Beam/Floor

ADD-ON COURSES

U101 Safety and Risk Management – Thursday, June 14 – 5:00-10:00pm – Salon E

Women’s Judging Exams Level 4&5 Only – Thursday, June 14 – 6:30-7:30pm – Salon F,G

Region 4 Business Forum (Club Owners Must Register) – Friday, June 15 – 5:15pm-6:30pm Appetizers – Broadway Room

Region 4 Reception- Friday June 15 – 7:00 Social Hour 7:30 Taste of Region 4 – Arch View Ballroom

Women’s Judging Exams National & Brevet Only – Saturday Review June16 – 6:00-9:00pm – Salon D,E,F,G

Women’s Judging Exam National & Brevet Only – Sunday Testing – June 17 – 8:30-12:30pm – Salon E,F,G (Written Exam)- Salon D (Practical Exam)