



2017 Region 4 Congress TENTATIVE Schedule *(subject to change)* - June 16th – 18th
 DoubleTree Cedar Rapids Convention Complex - 350 1st Ave NE - Cedar Rapids, IA 52401

FRIDAY, JUNE 16

	TAFT A	TAFT B	HALL A	HALL B	HALL C
TIME	RECREATIONAL	BUSINESS	COACHING	COACHING	TECHNICAL
8:30-9:30	Brant Lutska Start your Motor! The Importance About Motor Development	Jim Schlott Critical Elements in Turning your Staff into a Team	JO UPDATE Linda Thorberg, Annie Heffernon, Tom Koll		
9:45-10:45	Brant Lutska A Need for Speed School Age and Preschool Vault	Frank Sahlein Using your Crystal Ball for Significant Industry Trends for 2017-2020	John Geddert Yurchenko Progressions	Tony Retrosi Organizing Your Team Practices	Linda Thorberg Uneven Bars 101 Evaluating Basic Optional Elements
10:45-11:15	COFFEE BREAK				
11:15-12:15	Brant Lutska What do we do Wrong? What can we do better?	Frank Sahlein Marketing JumpStart	John Geddert Transition Bar Releases	Tony Retrosi Optional Skills and Drills for Vault	Mary Ann West Learning Short Hand
12:15-1:30	LUNCH BREAK				
1:30-2:30	Tom Koll Ideas for School Age Instructors Who Teach Tumbling	Brant Lutska From One Club Owner to Another	John Geddert Optional Phase Conditioning	Tony Retrosi Optional Skills and Drills for Bars	Linda Thorberg Compulsory Levels 3-5 FX Dance Skills
2:45-3:45	Brant Lutska Starting and Ending Your Class in a Fun Fashion	Frank Sahlein Staying in Control Personally and Professionally	John Geddert Big Swing	Tony Retrosi Twisting Teach It Right the First Time	Tom Koll Artistry, What's that Deduction?
4:00-5:00	Elizabeth Lilla Special Needs	Jim Schlott The 4 Economic Laws you can't Ignore	Tom Koll Level 3-5 Balance Beam Active Review Come Participate!	Annie Heffernon Floor Routine Construction	Linda Thorberg Optional Practice Judging



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SATURDAY, JUNE 17

	TAFT A	TAFT B	HALL A	HALL B	HALL C
TIME	RECREATIONAL	SPORT SCIENCE	COACHING	COACHING	TECHNICAL
8:30-9:30	Annette Thomas Preschool to School Age Beam Deconstruction	Windee Weiss Implementing Strategies that Makes Goal Setting Work	Tom Koll The future of Level 6/7 Vault	Paige Roth Advanced Beam Connections	Linda Thorberg Uneven Bar Technique Bar to Bar Releases
9:45-10:45	Randy Parrish Preschool and School Age Bars	Brandi Smith Young Solid Shoulder Complex	Tom Koll Level 3-5 Balance Beam Training for Success	Annie Heffernon Seasonal Training for Peaking Your Gymnasts	Paige Roth Xcel Update
10:45-11:15	COFFEE BREAK				
11:15-12:15	Randy Parrish Skills and Drills for School Age/Preschool Vault	Elizabeth Lilla How to Train Your Staff...Thinking outside of the Box	Tammy Biggs Understanding Deductions and Fixing the Errors	Windee Weiss The Mental Side of Returning to Play	Linda Thorberg Xcel Practice Judging Silver & Gold Floor
12:15-1:30	LUNCH BREAK				
1:30-2:30	Randy Parrish Preschool and Rec Warm-Ups	Brandi Smith Young Taping 101	Tammy Biggs Elite Compulsory	Tom Koll Level 6-7 Construction Beam and Floor	Carole Bunge Level 9/10 Beam Bonus Connections
2:45-3:45	Linda Thorberg More Ideas for Parent and Child Class	Tom Koll Team Requirements, what are your Standards?	Tammy Biggs Beam Routine Construction...the Elite Way	Mary Wise Front Tumbling- Basics, Skills, and Progression	Carole Bunge Compulsory Level 3-5 BB Acro
4:00-5:00	Annette Thomas What's New? Add Some New Accessories	Brandi Smith Young Competition After Rehab	Tammy Biggs Leaps, Jumps, Turns	Tom Koll New Compulsory Elements for 2021-2029	Linda Thorberg & Larissa Libby NCAA Judging Update



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SUNDAY, JUNE 18

	TAFT A	TAFT B	HALL A	HALL B	HALL C
TIME	RECREATIONAL	BUSINESS/SPORTS SCIENCE	COACHING	COACHING	TECHNICAL
8:30-9:30	Annette Thomas Teaching to Multiple Levels	Jeff Hampe How to Sell an Idea to your Gym Owner	Mike Hunger Handstands and Clear Hip Circles	Paige Roth Lesson Planning for Success	Carole Bunge Compulsory Level 3-5 BB Dance
9:45-10:45	Annette Thomas Using some Music and Props in your School Age Class	Annie Heffernon Safe Sport	Mike Hunger Bar Releases	Brandi Smith Young Training to Improve Performance	Linda Thorberg Level 10 Composition BB UB FX
11:00-12:00	Linda Thorberg What's in Your Back Pocket	Jeff Hampe 5 ways to Increase Enrollment without the Olympic Boom	Mike Hunger The Air Up There Developing Air Awareness	James Parent Finding Your Coaching Philosophy	Carole Bunge Practice Judging Optional Vault

ADD-ON COURSES

U101 Safety and Risk Management – Thursday, June 15 – 5:00-10:00pm

R102 Preschool Fundamentals – Sunday, June 18 – 1:00-6:00pm

W200 Development Coaches Course – Sunday, June 18 – 1:30-8:30pm (Twisters Gymnastics -4625 Tower Terrace Rd NE Cedar Rapids IA 52411)

Judging Exams - Thursday, June 15 –4:30pm-9:00PM



USA GYMNASTICS®

REGION

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REGION 4 CONGRESS EVENING EVENTS

Region 4 Banquet and Awards-Taste of Region 4

Friday

5:45-7:30

Grand Ball Room B