



2017 Region 6 Congress - AUGUST 4-6
Omni Providence Hotel - 1 W. Exchange Street - Providence, RI 02903

FRIDAY, AUGUST 4

	COACHING	COACHING	RECREATIONAL	TECHNICAL	BUSINESS/ SPORTS SCIENCE	MEN'S	COACHING
TIME	NARRAGANSETT C	NARRAGANSETT B	WATERPLACE	PROVIDENCE	NEWPORT/ WASHINGTON	BRISTOL/KENT	CONVENTION CENTER
8:30-9:30	Tom Koll Proposed 2021-2029 Future Compulsory Elements	Ali Arnold 7 Habits of Highly Successful Coaches	Steve Greeley Essential Communication Skills for Gymnastics Teachers	Marian Dykes & Pat Panichas Beam: Connective Value Bonus	Lynn Ledford Dusting Off Your Word of Mouth Marketing	Beth Gardner M200 – Coaching Etiquette (must attend all sessions for certification)	Staff Hands-On Spotting: UB Circles and Baby Giants
9:45-10:45	Tom Koll Composition and Construction of Level 6 / 7 BB / FX Routines	Ali Arnold Grit THE Game Changer	Michelle Kocan Handstand Essentials	Linda Thorberg Level 3-5 FX Dance	Loree Galimore Safe Sport	Beth Gardner M200 – Boys Psychology (must attend all sessions for certification)	Staff Hands-On Spotting: UB Casting - Flyaway
10:45-11:15	COFFEE BREAK						
11:15-12:15	JO UPDATE	JO UPDATE	Tom Koll Level 1-2 Those are My Kids!	Marian Dykes A Coaches Guide to XCEL Judging	Lynn Ledford Tangible Guidelines for Designing Marketing Pieces	Beth Gardner M200 – Pommel Live Workshop in Convention Center	Nicole Langevin Switch Sides and Beyond
12:15-1:30	LUNCH BREAK						
1:30-2:30	Tom Forster How to Teach Your First Release on Bar	Ali Arnold Creating the Habit to HIT!	Steve Greeley Characteristics of Awesome Gymnastics Teachers	Marian Dykes & Pat Panichas Level 10 Composition	Tina Ferriola Why Details Can Make or Break Your Business	Beth Gardner M200 - Rings Live Workshop in Convention Center	Staff Hands-On Spotting: Intermediate V/BB
2:45-3:45	Tom Koll The FUTURE of Level 6 and 7 Vault	Lori Forster Balance Beam and Floor Choreography for the Non-Dancer	Linda Thorberg Rolling, Wheeling, Springing, OH My – Recreational Tumbling	Marian Dykes & Pat Panichas Level 3-5 Beam Acro	Lynn Ledford Enrollment-Driven Customer Service	Beth Gardner M200 – Parallel Bars Live Workshop in Convention Center	Staff Hands-On Spotting: Intermediate UB / FX
4:00-5:00	Tom Forster How to Teach the Inside Stalder And Other Circles	Lori Forster Get That Elite look for Compulsory – JO Athletes BB / FX	Steve Greeley The 11 Unbreakable Principles of Recreational Teaching	Maria DeCristoforo Current Trends & Observations L 10 Beam	Lynn Ledford Great Leadership is Hard Work!	Beth Gardner M200 – Essential Elements/Lesson Planning (must attend all sessions for certification)	Staff Hands-On Spotting: School Age



SATURDAY, AUGUST 5

	COACHING	COACHING	RECREATIONAL	TECHNICAL	BUSINESS/SPORTS SCIENCE	MEN'S	COACHING
TIME	NARRAGANSETT C	NARRAGANSETT B	WATERPLACE	PROVIDENCE	NEWPORT/WASHINGTON	BRISTOL/KENT	CONVENTION CENTER
8:30-9:30	Tom Forster The Tap Swing; Why it's Important & How to Develop it.	Nicole Langevin – Okino BB- Rhythm and Artistry	Linda Thorberg When Will Suzie Get Her Kip?	Marian Dykes & Gail Caspare Xcel Practice Judging Silver & Gold FX	Jim Jarrett Booster Clubs	Kevin Preston The New Boy's Xcel Program	Tammy Biggs / DeCristoforo Coaching & Judging Elite Compulsories BB / FX
9:30-10:00	COFFEE BREAK						
10:00-11:00	Tom Forster Three Late Drops for Circling Technique	Cheryl Jarrett Level 3- 5 BB Active Review	Linda Thorberg What's in Your Back Pocket	Connie Maloney Practicing Judging Optional Vault	Gail Caspare / Marian Dykes Xcel Update for Coaches / Officials Round Table	Darryl DeNomme Men's Program Small Pieces; Big Picture	Tom Koll How to Add Interesting Dance to Your Floor Routines
11:15-12:15	Tammy Biggs Beginner-Advanced Backward BB Tumbling	Jason Vonk Yurchenko Vaults: Preparation through flipping	Tom Koll Ideas for Kids That Will Not Go To Team	Marian Dykes & Pat Panichas Bar Releases LB to HB; HB to LB	Nicole Martin Putting a Sports Nutrition Plan into Practice	Dan Young Strength vs. Power Training	Jacqui Olsen Progressions Back Tumbling
12:15-1:30	LUNCH BREAK						
1:30-2:30	Jason Vonk Floor: Developing the Round-off Back Handspring and Front Handspring	Tammy Biggs & Maria DeCristoforo Importance of Proper Development of Switch Leaps	Linda Thorberg What Should Children Learn in a Once a Week Class?	Brian Pickard Core progression- from static to dynamic	Christalle Auger & Marlyce Morace Regional Developmental Camp Floor Progressions for UB	Kevin Preston Round Offs for Better Yurchenkos	Tom Koll Level 4 – 5 FX Active Review
2:45-3:45	Jason Vonk College Recruiting	Nicole Langevin – Okino Mastering FX Dance Elements for L 6 – 8	Brant Lutska Recreational Class Vaulting	Connie Maloney Level 3-5 Beam Dance	Steve Pryor Starting a Trampoline & Tumbling Program in Your Gym	Darryl DeNomme Men's Coaching Who Coaches the Coach? Inspiration and Ideas	Jacqui Olsen Progressions Front Tumbling
4:00-5:00	Tammy Biggs Drills for High Level Acro BB Skills	Brian Pickard Dynamic Flexibility	Linda Thorberg Give me More, More, More – Parent & Child Class Stations	Gail Caspare JO & Xcel More alike than you think	Elsbeth Hart The Injured Gymnast – A Review of Common Injuries	Dan Young Nutrition for Sports Performance	Tom Koll Common Compulsory Trouble Areas



SUNDAY, AUGUST 6

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TIME	NARRAGANSETT C	NARRAGANSETT B	WATERPLACE	PROVIDENCE	NEWPORT/ WASHINGTON
8:30-9:30	Tammy Biggs Floor Exercise High Level Leaps, Jumps and Turns	Galina Burns Rhythmic Apparatus Technique: Basics and Beyond	Brant Lutska Start Your Motor!	Connie Maloney Bars 101: Evaluating Basic Optional Skills	Kevin Preston How We Do: Compulsory P. Bars
9:45-10:45	Tammy Biggs Developing High Level Dismounts	Steve Cook / John Deary Equipment Safety	Michelle Kocan Conditioning Games for Strengthening	Gail Caspare & Gail McGann Xcel Practice Judging Selected Levels & Events	Dan Young Ligament vs. Tendon Injury
11:00 – 12:00	Galina Burns Body Preparation for Strength, Balance and Flexibility	Jason Mason Skills and Drills – Oh Wait it is Conditioning	Brant Lutska Let's Make It Better!	Lois Colburn NCAA Judges Update	Kevin Preston How We Do: Compulsory Still Ring Swings

ADD-ON COURSES & STATE MEETINGS

U101 Safety and Risk Management – Thursday, August 3 – 5:00-10:00pm-Newport

R102 Preschool Fundamentals – Thursday, August 3 – 5:00-10:00pm-Washington

USA Gymnastics MA Open Meeting-Saturday August 5 5:15pm

USA Gymnastics NY Open Meeting-Saturday August 5 5:15pm

W200 Development Coaches Course – Sunday, August 6 – 1:30-8:30pm (Ocean State School of Gymnastics - 3 New England Way Lincoln RI 02865)

Women's Judging Exams – Thursday, August 3 – Begin 4:30pm Bristol and Kent

Y200 Rhythmic Development Coach's Course-Sunday 1:00PM-5:00PM-Bristol/Kent