



2017 Region 7 Congress TENTATIVE Schedule *(subject to change)* - JUNE 16-18

Sheraton Inner Harbor Hotel - 300 S. Charles Street - Baltimore, MD 21201

FRIDAY, JUNE 16

ROOMS	HARBOR VIEW	SEVERN	LOCH RAVEN	CHESAPEAKE III	CHESAPEAKE I-II
TIME	RECREATIONAL	BUSINESS	COACHING	COACHING	TECHNICAL
8:30-9:30	<b>Michelle Kocan</b> Thinking in Threes...Organization for your Preschool/School Age Class	<b>Cindy Scharns</b> Equipping... The fundamentals to Executing a Meet in Your Backyard	<b>Brad Harris</b> Handspring Vaulting Development and Drills	<b>Cheryl Jarrett</b> Optional Acro Skills and Drills for Beam	<b>Jane Caruso</b> Xcel Update
9:45-10:45	<b>Sandi McGee</b> Putting Life Back into Beam	<b>Loree Galimore</b> Safe Sport	<b>Brad Harris</b> Compulsory Bars Part 1	<b>Cheryl Jarrett</b> Compulsory Beam Jumps, Turns, Leaps	<b>Myra Elfenbein</b> Compulsory FX 3-5 Dance
10:45-11:15	COFFEE BREAK				
11:15-12:15	<b>Sandi McGee</b> Managing Difficult Behaviors and Class Management	<b>Jayne Marascio</b> The Social Media Craze	<b>Brad Harris</b> Compulsory Bars Part 2	<b>Cheryl Jarrett</b> Optional Beam Jumps, Turns, Leaps	<b>Connie Maloney</b> Practice Judging Optional Vault
12:15-1:30	BUSINESS FORUM LUNCHEON			LUNCH BREAK	
1:30-2:30	<b>Sandi McGee</b> Preschool to School Age Bars	<b>Cindy Scharns</b> Journey...the Opportunities to Growing Your Gym in a Modest Community	<b>Alonzo Ruffin</b> Running Form for Vault	<b>Cheryl Jarrett</b> Incorporating Dance into Your Training	<b>Jane Caruso</b> Practice Judging Xcel Bars
2:45-3:45	<b>Michelle Kocan</b> Games Games Games	<b>Jayne Marascio</b> Creative Ideas to Boost Annual Revenue	<b>Linda Johnson</b> Vaulting into the Future Level 1-7 Vaulting	<b>Alonzo Ruffin</b> Running Technique	<b>Connie Maloney</b> Compulsory Beam 3-5 Acro
4:00-5:00	<b>Jayne Marascio</b> Small Space No Problem	<b>Cindy Scharns &amp; Loree Galimore</b> Business Round Table Discussion	<b>JO Update</b> Linda Johnson, Myra Elfenbein, Connie Maloney, Jen Bortz		



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SATURDAY, JUNE 17						
ROOMS	POTOMAC	SEVERN	LOCH RAVEN	CHESAPEAKE III	CHESAPEAKE I-II	HARBOR VIEW
TIME	RECREATIONAL	BUSINESS	COACHING	COACHING	TECHNICAL	MIXED COACHING
8:30-9:30	<b>Michelle Kocan</b> Preschool and School Age Conditioning	<b>Andy Gillham</b> Intro to Sport Psych	<b>Tony Gehman</b> Higher, Faster, Stronger, Leg Conditioning	<b>Dan Baker</b> Twisting Vaults	<b>Myra Elfenbein</b> Uneven Bar Technique Bar to Bar Releases	<b>Linda Johnson</b> Teaching and Recognizing Beam Artistry
9:45-10:45	<b>Sandi McGee</b> Make the Most of Your Parent and Tot Classes	<b>Talia Trapuzzano Eubanks</b> Stick It! The Importance of Squat Mechanics	<b>Brad Harris</b> Optional Bars a Foundation for Success	<b>Dan Baker</b> Drills for Developing the RO Entry Vault	<b>Connie Maloney</b> Levels 3-5 Beam Dance	<b>Jason Vonk</b> NCAA Recruiting Presentation
10:45-11:15	COFFEE BREAK					
11:15-12:15	<b>Tanaya Williams</b> What to do with the Beginner Tumbling Class	<b>Andy Gillham</b> Systematic Goal Setting for Coaches and Athletes	<b>Tony Gehman</b> Seasonal Floor Training	<b>Jim Walker</b> Bar Release Moves	<b>Myra Elfenbein</b> Practice Judging Xcel Floor Silver and Gold	<b>Linda Johnson</b> It's a Stretch: Flexibility
12:15-1:30	LUNCH BREAK					
1:30-2:30	<b>Brant Lutska</b> A Need for Speed Recreational Vault	<b>Talia Trapuzzano Eubanks</b> Recognizing and Training the Hypermobile Gymnast	<b>Cheryl Jarrett</b> Motivating the Motivator	<b>Dan Baker</b> Handsprings to the Next Level	<b>Bonnie Synol</b> Bar Angle Challenge	<b>Linda Johnson</b> Master Compulsory Workshop Level 1,2,3 Floor
2:45-3:45	<b>Brant Lutska</b> Motor Development	<b>Andy Gillham</b> Improving Coach to Athlete Motivations	<b>Tony Gehman</b> Kip Handstands, Clear Hip Circles, Toe-On, and Stalders	<b>Jennifer Skorski</b> JO and Xcel Under One Roof	<b>Myra Elfenbein</b> Level 9/10 Beam Connection Bonus	<b>Bob Ouellette</b> Meet Director's Round Table
4:00-5:00	<b>Tanaya Williams</b> Beam is not Boring	<b>Talia Trapuzzano Eubanks</b> Training Your Younger Gymnasts to do the Basic Movements Correctly	<b>Tony Gehman</b> Seasonal Phase Training and Peaking	<b>Jim Walker</b> Bar Pirouettes	<b>Jennifer Spering &amp; Brett Nelligan</b> NCAA Update	



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SUNDAY, JUNE 18

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TIME	RECREATIONAL	BUSINESS	COACHING	COACHING	TECHNICAL	COMPULSORY WORKSHOP/MIXED COACHING
8:30-9:30	<b>Tanaya Williams</b> Why are Bars So Difficult?	<b>Lauren Kramer</b> Concussion Update	<b>Jim Walker</b> Successful Compulsory Vaulting	<b>Nicole Langevin</b> Tour Jetés, Switch Leap 1/2's and Beyond	<b>Myra Elfenbein</b> Level 10 Composition BB/UB/FX	<b>Linda Johnson</b> Master Compulsory Workshop Level 4 and 5 Floor
9:45-10:45	<b>Brant Lutska</b> Improving Your School-Age and Pre-School Structure	<b>Andy Gillham</b> Examining the Culture at your gym	<b>Jim Walker</b> Flipping Vaults	<b>Jason Vonk</b> Front and Back Twisting on Floor	<b>Jane Caruso</b> Practice Judging Xcel Beam	<b>Linda Johnson</b> Master Compulsory Workshop Level 1,2,3 Beam
11:00-12:00	<b>Brant Lutska</b> Fun Beginnings and Endings for Classes	<b>Lauren Kramer</b> Return to Play after Injury	<b>Nicole Langevin</b> Dear Coaches Here's 8 Tenths Back, You're Welcome	<b>Jason Vonk</b> Training the Four Major Vault Entries	<b>Connie Maloney</b> Uneven Bars 101 Evaluating Basic Optional Bar Elements	<b>Linda Johnson</b> Master Compulsory Workshop Level 4 and 5 Beam

ADD-ON COURSES

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

R102 Preschool Fundamentals – Thursday, June 15 – 5:00-10:00pm-Harbor View Ball Room

R103 School Age Hand-On Training – Sunday, June 18– 1:30-8:30pm *(Rebounders Gymnastics Inc. - 7 A West Aylesbury Road Timonium MD 21093)*

Judges Exam – Thursday, June 15 beginning 4:30pm-9:00pm



USA GYMNASTICS®

REGION

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## Weekend Events

### Friday

Region 7 Social Hour

5:00p.m.-6:00p.m.

Talk with Exhibitors

View Silent Auction Items

Catch Up about the 2017 Season

### Saturday

Taste of Region 7

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

Region 7 Reception

Awards and Scholarship

Close of Silent Auction

State Baskets