



USA GYMNASTICS®

REGION



2017 Region 8 Congress TENTATIVE Schedule *(subject to change)* - JUNE 23-25

Crowne Plaza Atlanta Perimeter at Ravinia - 4355 Ashford Dunwoody Road - Atlanta, GA 30346

FRIDAY, JUNE 23

TIME	MAPLEWOOD	CONF. CENTER	RAVINIA ABC	RAVINIA D	RAVINIA EFG
	RECREATIONAL	BUSINESS	COACHING	COACHING	TECHNICAL
8:30-9:30	Sandi McGee Putting Life Back into Beam	David Benzel The Keys of High Staff Engagement	JO Update Marian Dykes, Brad Harris, Annie Heffernon		
9:45-10:45	Michelle Kocan Handstand Essentials	Loree Galimore Safe Sport	Mike Hunger Bar Releases	Diane Amos Back Tumbling on Beam from Beg. to Adv.	Elaine Wulf & Marian Dykes Xcel Update
10:45-11:15	COFFEE BREAK				
11:15-12:15	Sandi McGee Making the Most of Your Parent and Tot Class	Jackie Latino Expanding your Business Beyond Gymnastics	Mike Hunger Basic Yurchenko Vaulting	Diane Amos Intense Basics, Body Line and Dance Skills	Marian Dykes & Pat Panichas Compulsory Level 3-5 BB Dance
12:15-1:30	LUNCH BREAK – Member Club Luncheon (Oakwood)				
1:30-2:30	Jackie Latino Beginner Basics...One Piece at a Time	David Benzel How to Create Raving Fans for Business Success	Penny Jernigan NCAA Recruiting	Diane Amos Head to Toe...Talk About What You Know Flexibility Round Table	Julie King You be the Judge...an interactive lecture for coaches to Judge the routines
2:45-3:45	Sandi McGee Preschool and School Age Bars What to do When and How	Steve Cook-AAI	Mike Hunger Getting the most out of your team...Athletes and Coaches	Brad Harris Development of L 1-5 Tumbling for FX	Marian Dykes & Pat Panichas Uneven Bars 101 Evaluating Basic Bar Elements
4:00-5:00	Michelle Kocan Games for Strengthening Pre-School and School-Age Conditioning	David Benzel, Steve Cook, Loree Galimore Business Round-Table Discussion	Mike Hunger Developing Better Air Sense in your Athletes	Diane Amos Beam Dismounts Front and Side Skills from Beg. To Adv.	Evelyn Chandler & Penny Jernigan NCAA Judges Update



USA GYMNASTICS®

REGION



SATURDAY, JUNE 24						
TIME	MAPLEWOOD	CONF. CENTER	OAKWOOD	RAVINIA ABC	RAVINIA D	RAVINIA EFG
	RECREATIONAL	BUSINESS/SPORTS SCIENCE	COACHING/OTHER	COACHING	COACHING	TECHNICAL
8:30-9:30	Brian Payne Let Hollywood build your boys enrollment	David Benzel The Keys to High Staff Engagement	Alexis Bradley Sport Psychology Basics that every Coach should know and implement	Brad Harris Compulsory Bars Part 1	Dan Baker Optional Vault Drills to work with your compulsories	Cookie Batsche Foot Loose: Focus on Footwork on Beam and Floor
9:45-10:45	Joanne McLay Yoga and Gymnastics	Kelli McLaren Ankle Pain, Lower Back Pain, and Wrist Pain	Evelyn Chandler From Good to Great	Brad Harris Compulsory Bars Part 2	Dan Baker Vaulting and Twisting	Marian Dykes & Pat Panichas Compulsory Level 3-5 FX Dance
10:45-11:15	COFFEE BREAK					
11:15-12:15	Michelle Kocan The benefits of Special Needs Classes at your Gym	David Benzel Turning Parents into Partners	LeAnn Sweny Great warm-ups and conditioning make greatly prepared competitors !!!	Steve Arkell Flipping Vaults	Diane Amos Charts and Games for Beam (how I get it done)	Marian Dykes & Pat Panichas Xcel Practice Judging Silver & Gold Floor
12:15-1:30	LUNCH BREAK					
1:30-2:30	Randy Parrish Musical Warm Ups for Pre-School and School-Age	Kelli McLaren Lower Back Pain	Alexis Bradley A New Approach to Dealing with Fear: Acceptance and Commitment	Annie Heffernon Seasonal Training to Peak your Gymnasts	Brad Harris Intermediate Tumbling Progressions for Twisting	Marian Dykes & Pat Panichas Bar Technique Bar to Bar Releases
2:45-3:45	Randy Parrish Drills and Progressions for the RO BHS	Steve Greeley Marketing: The Neuro-Science of How Customers Think	Steve Arkell The Big Five on Bars	LeAnn Sweny "Managing the parents". How to develop a team handbook that really works.	Dan Baker The handspring vault and how to move it to the next level	Cookie Batsche State Challenge: General Rules and Unusual Occurrence Deductions
4:00-5:00	Randy Parrish Drills and Progressions for Pre-School and School-Age Vault	Gerald George, Ph.D. The Biomechanics of Somersaulting and Twisting	Alexis Bradley Knowing what your athlete needs from a coach to be mentally tough	LeAnn Sweny Drills for floor and beam leaps and jumps.	Dan Baker Conditioning	Marian Dykes & Pat Panichas Compulsory Level 3-5 BM Acro



USA GYMNASTICS®

REGION



2017 Region 8 Congress TENTATIVE Schedule *(subject to change)* - JUNE 23-25

Crowne Plaza Atlanta Perimeter at Ravinia - 4355 Ashford Dunwoody Road - Atlanta, GA 30346

SUNDAY, JUNE 25

TIME	MAPLEWOOD	CONF. CENTER	RAVINIA ABC	RAVINIA D	RAVINIA EFG
	RECREATIONAL	BUSINESS/SPORTS SCIENCE	COACHING	COACHING	TECHNICAL
8:30-9:30	Joanne McLay In-Depth Lesson Plans	Kelli McLaren Rehab to Return Successful	Steve Arkell Sound basics on Bars How to teach swing.	Annie Heffernon The Future of Level 1-7 Vault	Marian Dykes & Pat Panichas L 9/10 Beam Connection Bonus
9:45-10:45	Steve Greeley The 11 Unbreakable Principles of Recreational Teaching	Gerald George Ph.D. Body Shaping Techniques for Success in Gymnastics	Steve Arkell Tumbling Connection Bonus and 2 Flipping	Annie Heffernon Sneak Peak of 2021 Compulsories New Compulsory Elements	Elaine Wulf Xcel Bars Rhythm vs Extra Swings
11:00-12:00	Joanne McLay Skill Development with the 6 FMP's	Steve Greeley The Plan behind your Marketing and How to Create It	Steve Arkell Balance of proper tumbling. How to create rotation for power!	Gerald George, Ph.D. Biomechanical Principles for Balance Beam Success	Marian Dykes & Pat Panichas Level 10 Composition BB/UB/FX

U101 Safety and Risk Management – Thursday, June 22 – 5:00-10:00pm-Conf. Center

R102 Preschool Fundamentals – Thursday, June 22 – 5:00-10:00pm-Maplewood

Women's Judging Exams – Thursday, June 22 – 4:30-9:00pm-Ravinia EFG

Region 8 Open Meeting Friday June 23 5:15-6:15pm Ravinia EFG

Region 8 Banquet Saturday June 24-7:00 social hour 7:30 Awards and Dinner-Ravinia 1

R103 School Age Hand-On Training – Sunday, June 25– 1:30-8:30pm *(Perimeter Gymnastics - 5342 Tilly Mill Rd Dunwoody GA 30338)*