



2018 Region 8 Congress TENTATIVE Schedule *(subject to change)* - JUNE 8-10

Benton Convention Center – 301 W. 5<sup>th</sup> St. – Winston-Salem, NC 27101

FRIDAY, JUNE 8

TIME	Winston Hall 3A	Winston Hall 1C	Winston Hall 3B&C	Salem Hall 1B&C	Winston Hall 2
	RECREATIONAL	BUSINESS	COACHING	COACHING	TECHNICAL
8:30-9:30	<b>Tanaya Williams</b> Stations with Imagination!	<b>Jeff Metzger</b> You Can't Make a Great Business with Good Employees	<b>JO Update – Salem Hall 2</b> Marian Dykes, Brad Harris and Connie Maloney		
9:40-10:40	<b>Michelle Kocan</b> Everyone's Favorite, Bars-Right?	<b>Jeff Metzger</b> Open Book Management, Incentive Plans and Other Death Defying Feats	<b>Ludmilla Shobe</b> Beam Basics	<b>Brad Harris</b> Bridging the Gap between Compulsory and Optional Vault Development	<b>Marian Dykes &amp; Pat Panichas</b> Level 10 Bars/Floor Composition & Practice Judging
10:40-11:10	COFFEE BREAK				
11:10-12:10	<b>Tanaya Williams</b> Trampoline for Recreational Classes	<b>Jeff Metzger</b> The Effective Executive-Success Mindsets for Owners and Managers	<b>Ludmilla Shobe</b> Conditioning for Upper Levels	<b>Brad Harris</b> Compulsory Bars	<b>Cookie Batsche</b> Reducing Test Anxiety
12:10-1:40	LUNCH BREAK				
1:40-2:40	<b>Michelle Kocan</b> The Basics Before the Basics	<b>Mark Busby</b> Safe Sport Policy Update	<b>Ludmilla Shobe</b> Tumbling Levels 2-5	<b>Elaine Wulf</b> Xcel Update	<b>Connie Maloney &amp; Pat Panichas</b> Level 9 Bars/Floor Composition & Practice Judging
2:50-3:50	<b>Tanaya Williams</b> Beam is not Boring!	<b>Mark Busby</b> Safe Sport Understanding Discipline Policy	<b>Elaine Wulf</b> Xcel Beam Routine Choreography- Bronze, Silver and Gold	<b>Brad Harris</b> Bridging the Gap between Compulsory and Optional Bars	<b>Evelyn Chandler</b> NCAA Update
4:00-5:00	<b>Michelle Kocan</b> Handstands from Preschool to Presses	<b>Loree Galimore</b> Business Round-Table Discussion	<b>Beth Gardner</b> Pommel and Dome	<b>Cheryl Jarrett</b> Beam Compulsory Levels 3-5	<b>Debby Kornegay</b> Region 8 Open Meeting



SATURDAY, JUNE 9

TIME	Winston Hall 3A	Winston Hall 1C	Winston 3B&C	Salem 1B&C	Winston Hall 2	Salem Hall 1A
	RECREATIONAL	BUSINESS/SPORTS SCIENCE	COACHING	COACHING	TECHNICAL	COACHING/OTHER
8:30-9:30	<b>Tom Koll</b> Ideas for Recreational Instructors who teach Tumbling	<b>Ryan Nelson</b> Harassment Prevention	<b>Steve Arkell</b> J.O. Bar Combinations and Logical Development	<b>Dan Baker</b> Developing a TOPs Program	<b>Dykes, Maloney &amp; Panichas</b> Level 6/7 Bars, Beam & Floor Review & Practice Judging	<b>Beth Gardner</b> Boys Survival Guide
9:40-10:40	<b>Brandi Smith</b> Born to Move	<b>Ryan Nelson</b> Critical Mistakes Employers Make	<b>Tom Koll</b> Compulsory Floor	<b>Dan Baker</b> Developing the Round Off for Yurchenko Vaulting	<b>Dykes &amp; Panichas</b> Level 10 Beam Composition & Practice Judging	<b>Elaine Wulf</b> Xcel Silver Vault
10:40-11:10	COFFEE BREAK					
11:10-12:10	<b>Tanaya Williams</b> Reward Programs for Coaches and Kids	<b>Marian Dykes</b> What you Need to Know About the New Tax Laws	<b>Steve Arkell</b> Advanced Bar Dismounts	<b>Tom Koll</b> Level 3-5 All Events Drills and Progressions	<b>Maloney &amp; Panichas</b> Level 8 Beam/Floor Composition and Practice Judging	<b>NCATA</b> Training and Scholarships
12:10-1:40	LUNCH BREAK					
1:40-2:40	<b>Randy Parrish</b> Pre-School and School-Age Warm-Ups and Games	<b>Brandi Smith</b> Optimal Landing Mechanics to Stick	<b>Steve Arkell</b> Giants, Front, Back and Flyaways	<b>Tom Koll</b> The Switch Leg Leap and its Application to "C" Level Leaps	<b>Dykes &amp; Maloney</b> Evaluating Level 3-5 Bar Elements	<b>Tom Bair</b> Developing a Strong Men's Program with Limited Equipment
2:50-3:50	<b>Randy Parrish</b> Recreational Vault Drills to prepare them for Team	<b>Ryan Nelson</b> Properly Paying Employees	<b>Tom Koll</b> Team Requirements..What are your Standards	<b>Shari Medini</b> Superstitions Harmless or Problematic?	<b>Dykes &amp; Panichas</b> Level 9 Beam Composition & Practice Judging	<b>NACTA</b> We want you to Judge our Sport
4:00-5:00	<b>Randy Parrish</b> Class Management	<b>Brandi Smith</b> The Whole Athlete	<b>Ludmilla Shobe</b> Q&A Round Table	<b>Dan Baker</b> Twisting the Yurchenko	<b>Koll, Maloney &amp; Panichas</b> The New Level 6/7 Vaulting	<b>Shari Medini</b> Addressing the Mental Aspects of Injury Recovery



SUNDAY, JUNE 10

TIME	Winston Hall 3A	Winston Hall 1C	Winston 3B&C	Salem 1B&C	Winston 1A&B
	RECREATIONAL	BUSINESS/SPORTS SCIENCE	COACHING	COACHING	TECHNICAL
8:30-9:30	<b>Sandi McGee</b> Static Stations in Preschool	<b>Nicole Jontony</b> Fueling Gymnasts for Power and Performance	<b>Jason Vonk</b> Front and Back Twisting on Floor	<b>Tom Bair</b> What "Inclines" you to Coach: 100 Different Ways to Utilize Inclines in Athlete Development	<b>Tom Koll</b> Dance Technique for Judges
9:40-10:40	<b>Sandi McGee</b> Developing more Depth in our School Age Classes	<b>Nicole Jontony</b> Eating Well on the Road	<b>Jason Vonk</b> Training the Four Major Vault Entries	<b>Shari Medini</b> Helping Gymnasts Take Responsibility for their Training	<b>Cheryl Jarrett/Ludmilla Shobe</b> Beam Acro and Dance
10:50-11:50	<b>Sandi McGee</b> The Curse of Beam and Bars for School Age Classes	<b>Nicole Jontony</b> Eating on the Fly	<b>Shari Medini</b> Building Confidence through Mindset Exercises	<b>Jason Vonk</b> College Gymnastics: Club Coaches Role in the Recruiting Process	<b>Elaine Wulf</b> Xcel Bars

U101 Safety and Risk Management – Thursday, June 7 – 5:00-10:00pm – Salem Hall 1A

R301 Brain & Body – Thursday, June 7 – 5:00-10:00pm - Winston Hall 3A

R102 Preschool Hands-On Training – Thursday, June 7– 5:00-10:00pm – Winston Hall 3 B&C

Women’s Judging Exams Level 4&5 Only – Thursday, June 7 – 6:30-7:30pm – Winston Hall 1A&B

Region 8 Business Forum (Club Owners Must Register) – Friday, June 8 – 5:15pm to 6:30pm Appetizers – Winston Hall 1B

Region 8 Banquet - Friday June 8 – 7:00 Social Hour 7:30 Awards and Dinner – Salem Ballroom

Meditate in the ZONE-Brandi Smith – Saturday, June 9, 2018 7:15-8:00am-Winston Hall 3A

Women’s Judging Exams National & Brevet Only – Saturday Review June 9 – 6:00-9:00pm – Winston Ballroom

Women’s Judging Exam National & Brevet Only – Sunday Testing – June 10 – 8:30-12:30pm – Salem 3 (Written Exam)- Winston Ballroom (Practical Exam)