

FRIDAY, AUGUST 24th

SESSION	PRESENTER	TRACK	ROOM
<b>9:00-10:00 A.M.</b>			
Harrasment Prevention	Ryan Nelson	Business	San Jose Santa Clara
Injury Nutrition	Bindee Eberle	Sport Scien	Carmel Monterey
Brains Under Construction	Marcia Carter	Preschool	San Martin San Simeon
The Dead Hour	Robin Pearson	Recreation	San Carlos San Juan
J.O. Update	Shane McIntyre/Connie Maloney	Coaching	Oak and Fir
Effectively Linking Floor Complexes to Event Training	Derick Moellenbeck	Coaching	Cedar
Developing A Good Gym Culture,Work Ethic &Charcter	Mike Hunger	Coaching	Pine
<b>10:15-11:15 A.M.</b>			
Critical Mistakes Employers Make	Ryan Nelson	Business	San Jose Santa Clara
A Coach's View of Sports Psychology	Dr. Alison Arnold	Sport Scien	Carmel Monterey
Camps:The Art of Marketing Summer Joy	Heather Olson/Erica Harman	Preschool	San Martin San Simeon
Developmental Stages and Learning Styles	Jeff Lulla	Recreation	San Carlos San Juan
Level 6/7 UB,BB, FX Practice Judging	Connie Maloney/Linda Mulvihill	Technical	Oak
Using Trampoline Effectively	Mike Hunger	Coaching	Fir
Fearless Beam Through Organization and Planning	Rhonda Hawkins	Coaching	Pine
Compulsory Vault	Shane McIntyre	Coaching	Cedar
Coaching Special Needs	Robin Pearson	Live	Bayshore Ballroom
<b>11:45-12:45 P.M.</b>			
Properly Paying Your Employees	Ryan Nelson	Business	San Jose Santa Clara
Food and Nutrient Timing For Gymnasts	Bindee Eberle	Sport Scien	Carmel Monterey
Parent/Tot Class "Brain Dance"	Marcia Carter	Preschool	San Martin San Simeon
Creating the Happiest Place on Earth	Jeff Lulla	Recreation	San Carlos San Juan
Level 10 Bars and Floor Composition and Practice Judging	Connie Maloney/Linda Mulvihill	Technical	Oak
Yuchenko Vaulting Basics and Drills	Mike Hunger	Coaching	Fir
Choreographic Games to Teach Performance Quality	Dr. Pam Evans	Coaching	Pine
Xcel Update	Jill Preston	Coaching	Cedar
Hands on Spotting Recreation	Robin Pearson/Quin Shannon	Live	Bayshore Ballroom
<b>2:00-3:00 P.M.</b>			
Safe Sport Policy Update	Mark Busby	Business	San Jose Santa Clara
Unleashing Potential	Dr. Alison Arnold	Sport Scien	Carmel Monterey
Controlled Chaos, Managing a Preschool Class	Heather Olson	Preschool	San Martin San Simeon
42 Floor Bar Drills for Recreation Teachers	Quin Shannon	Recreation	San Carlos San Juan

Xcel Practice Judging	Leesa Berahovich	Technical	Oak
Yurchenkos	Jason Jarrett	Coaching	Fir
Time Manging your Event Training	Derick Moellenbeck	Coaching	Pine
Developing D&E Skills on Beam	Rhonda Hawkins	Coaching	Cedar
Compulsory Beam Review/Coach-Judge	Linda Mulvihill/Cheryl Jarrett	Live	Bayshore Ballroom
<b>3:15-4:15 P.M.</b>			
Understanding the Reporting Process	Mark Busby	Business	San Jose Santa Clara
Collegiate Sports Nutrition	Bindee Eberle	Sport Scien	Carmel Monterey
Learn Why Preschool is the Most Important in Your Business	Mimi Phene McKellar	Preschool	San Martin San Simeon
Warm Ups Using Props	Robin Pearson	Recreation	San Carlos San Juan
Level 9 Beam Composition and Practice Judging	Carole Bunge/Linda Mulvihill	Technical	Oak
Strap Bar and Circling Skills	Jim Jarrett	Coaching	Fir
Optional Vaulting	Shane McIntyre	Coaching	Pine
Top Tips to Improve Technique to Keep Kids in the Gym	Cassie Rice	Coaching	Cedar
Kips, Drills and More	David Seiler	Live Coachi	Bayshore Ballroom
<b>4:30-5:30</b>			
Business Roundtable Q&A	Loree Galimore/Steve Cook	Business	San Jose Santa Clara
Coaching Excellence	Dr. Alison Arnold	Sport Scien	Carmel Monterey
Sensory Processing Skills to Develop Strong Foundation	Marcia Carter	Preschool	San Martin San Simeon
Warm-Ups, Fun and Games	Jeff Lulla	Recreation	San Carlos San Juan
Handspring Vault	Linda Thorberg	Technical	Oak
Tumbling	Jason Jarrett	Coaching	Fir
Artistry-Coaches Learn What Judges are Looking For	Vicki Newman	Coaching	Pine
Giants: Front, Back & Flyaways	Bryon Hough	Coaching	Cedar
Circuits and Conditioning Recreational	Robin Pearson	Live	Bayshore Ballroom

**Region 1 Committee Meeting 12:45-3PM- Boardroom**

**Business Forum 5:15-6:30PM- Silicon Valley**

SATURDAY, AUGUST 25th

SESSION	PRESENTER	TRACK	ROOM
<b>9:00-10:00 A.M.</b>			
Minimal Marketing: Market Less, Connect More	Anne Josephson	Business	San Jose Santa Clara
Guide to Improving Athlete Self Confidence	Andy Gillham	Sport Scien	Carmel Monterey

Coaches Positivity and Perserverance	Heather Olson	Preschool	San Martin San Simeon
Ideas for Rec Instructors who Teach Beam	Tom Koll	Recreation	San Carlos San Juan
Level 9 Bars and Floor Composition and Practice Judging	Carole Bunge/Linda Mulvihill	Technical	Oak
How to Build a Vault after Level 8	Bryon Hough	Coaching	Fir
Beam Acro Drills and Skills	Cheryl Jarrett	Coaching	Pine
Creating and Structuring Women's Xcel	Leesa Berahovich	Coaching	Cedar
System Using Dance, Tumbling and Conditioning	Vicki Newman	Live Coachi	Bayshore Ballroom
<b>10:15-11:15 A.M.</b>			
Leadership on Your Staff	Andy Gillham	Business	San Jose Santa Clara
Upper Body Landing Mechanics: Key to Optimal Shaping and Peaking	Brandi Smith	Sport Scien	Carmel Monterey
Core Strength Activities for Preschool & Beginners	Linda Thorberg	Preschool	San Martin San Simeon
Show Me! The Many ways to Demonstrate Skills without Getting Hurt	Steve Greeley	Recreation	San Carlos San Juan
Evaluating Level 3-5 Floor Acro	Connie Maloney/ Bryon Hough	Technical	Oak
Your Gym and Equipment Safety	Steve Cook	Coaching	Fir
How to Implement Games into your Assignments	Jill Preston	Coaching	Pine
Men's: FX, PH, SR Core Drills	Travis Rainer	Coaching	Cedar
Acitve Review Level 3-5 Floor	Tom Koll	Live	Bayshore Ballroom
<b>11:45-12:45 P.M.</b>			
Lessons From Google: The Seven Keys to Successful Employees	Anne Josephson	Business	San Jose Santa Clara
Revolutionize Flexibility with Neural Dynamic Stretching	Brandi Smith	Sport Scien	Carmel Monterey
25 Tips to Enhance your Preschool Program	Mimi Phen McKellar	Preschool	San Martin San Simeon
Essential Communication Skills for Recreation Teachers	Steve Greeley	Recreation	San Carlos San Juan
Level 10 Beam Composition and Practice Judging	Connie Maloney/Linda Mulvihill	Coaching	Oak
Level 3 All Events: Drills and Progressions	Tom Koll	Coaching	Fir
Bars: Optional Dismounts Progressions	Bryon Hough	Coaching	Pine
Have you Started a Boy's Program?	Travis Rainer	Coaching	Cedar
Flexibility Drills	David Seiler	Live	Bayshore Ballroom
<b>2:00-3:00 P.M.</b>			
Staff Retention-Getting your Best Employees to Stay	Dr. Pam Evans	Business	San Jose Santa Clara
Motor Control Training to Improve Performance	Brandi Smith	Sport Scien	Carmel Monterey
Set Up your Preschool Lesson Plan	Linda Thorberg	Preschool	San Martin San Simeon
Incorporating Ninja into your Curriculum	John Deary	Recreation	San Carlos San Juan
INQUIRIES...Coaches, what can I ask...Judges	Tom Koll	Coach/Tech	Oak
Getting Athletes to Make Corrections	Bryon Hough	Coaching	Fir

Woman's Xcel Silver Vault	Jill Preston	Coaching	Pine
Xcel for Boys	Cassie Rice	Coaching	Cedar
Making Strength and Conditioning Fun	Quin Shannon	Live	Bayshore Ballroom
<b>3:15-4:15 P.M.</b>			
Sometimes I Wish I Could Run a Club Without People	Anne Josephson	Business	San Jose Santa Clara
Creating Team Building Activites	Andy Gillham	Sport Scien	Carmel Monterey
Born to Move	Brandi Smith	Preschool	San Martin San Simeon
Rolling, Wheeling, Springing Recreational Floor	Linda Thorberg	Recreation	San Carlos San Juan
Level 8 Beam and Floor Composition and Practice Judging	Carole Bunge/Linda Mulvihill	Technical	Oak
The Switch Leg Leap and its Application to "C" Level Leaps	Tom Koll	Coaching	Fir
No Room, No Problem: Maximize your Floor Workouts	Rhonda Hawkins	Coaching	Pine
Men's: VT,HB, PB core Drills	Travis Rainer	Coaching	Cedar
Hands-on Spotting Beginners to Back Handspring	Quin Shannon	Live	Bayshore Ballroom
<b>4:30-5:30</b>			
Top Business Tips-Running a Successful Gym	Cassie Rice	Business	San Jose Santa Clara
Optimal landing Mechanics to Stick	Brandi Smith	Sport Scien	Carmel Monterey
Parent N Tot-Get the Most out of th Youngest	Anne Bradshaw	Preschool	San Martin San Simeon
31 Creative Ideas to Acknowledge Students' Achievements	Steve Greeley	Recreation	San Carlos San Juan
New Level 6/7 Vault Requirements and Evaluation	Shane McIntyre/Connie Maloney	Technical	Oak & Fir
New Level 6/7 Vault Requirements and Evaluation	Shane McIntyre/Connie Maloney	Coaching	Oak & Fir
Skill Development	Travis Rainer	Coaching	Cedar
Hands-On Spotting Intermediate to Advanced	Quin Shannon	Live	Bayshore Ballroom
6:00-9:00pm -Nat'l Course Judges Review (course credential required)	Carole Bunge/Linda Mulihill	Technical	Oak

<b>Acrobatic General Meeting 1-4:30PM - Sprigs</b>
<b>NorCal General Coaches Meeting 5:30-7:30PM- San Carlos San Juan</b>
<b>Dessert Reception 8-9PM- Cedar &amp; Pine</b>
<b>Dance Party 9-12AM- Cedar &amp; Pine</b>

SUNDAY, AUGUST 26th

B1

SESSION	PRESENTER	TRACK	ROOM
<b>9:00-10:00 A.M.</b>			

Great Leadership is Hard Work	Lynn Ledford	Business	Carmel Monterey
Communicating with the Preschool Parent	Anne Bradshaw	Preschool	San Martin San Simeon
Floor Leaps and Turns	Amanda Borden-Cochran	Coaching	San Carlos San Juan
Drills for Compulsory Beam	Cheryl Jarrett	Coaching	Fir
Games and Assignments to Keep Teenagers in the Gym	Cassie Rice	Coaching	Pine
Yoga for Gymnastics	Brandi Smith	Live	Bayshore Ballroom
Professionalism in Judging	Linda Thorberg	Technical	Cedar
<b>10:15-11:15 A.M.</b>			
How to Help Staff Love their Jobs	Lynn Ledford	Business	Carmel Monterey
NCAA Update	Marian DeWane/Jessica Santos	Coaching/T	San Martin San Simeon
Beam Dance	Amanda Borden-Cochran	Coaching	San Carlos San Juan
Let's Fix That...Common Issues in Tumbling	Quin Shannon	Coaching	Fir
Priorities in Compulsory to Prepare for Optionals	Bryon Hough	Coaching	Pine
Casting and Flyaways, How to Know when to Spot	David Seiler	Live	Bayshore Ballroom
Hiring & Training Teenage Coaches	Dr. Pam Evans	Business	Cedar
<b>11:30-12:30 P.M.</b>			
Mind the Gap Competition & Opportunity	Lynn Ledford	Business	Carmel Monterey
College Recruiting Guidelines	Jessica Santos	Coaching	San Martin San Simeon
Beam Acro Drills	Amanda Borden-Cochran	Coaching	San Carlos San Juan
Training Optional Gymnasts Q&A	Cassie Rice	Coaching	Fir
High School Gymnastics	Anne Bradshaw	Coaching	Pine
How to Coach the other 99% in your Gym	Quin Shannon	Recreational	Cedar

**Judges Testing:**

8:30-12:30 Brevet/National Written - San Jose Santa Clara

8:30-12:30 Brevet/National Practical - Oak

1:00-2:30- Level 4/5 & 9- Written -San Jose/Santa Clara

1:00-2:30- Level 10 - Practical - Oak-

2:45-4:15- Level 7/8 & Level 10 -Written -San Jose/Santa Clara

2:45-4:15- Level 9 - Practical - Oak

4:30-6:00 - Level 8 Practical - Oak