



## REGION 1

### Thursday, August 22nd

6:00-9:00p.m.- Registration Hours

3:00-9:15p.m.- Women's Judges Exams- Town & Country- Atlas Ballroom (Practical)  
Royal Palm Salon One/Two (Written)

3:00-9:00p.m.- W200- Grand Hall

3:00-9:00p.m.- B414- California- Atlas Ballroom

### Friday, August 23rd

7:30a.m.-5:00p.m.- Registration Hours

8:00a.m.-5:00p.m.- Trade Show Hall Hours- Grand Hall

12:00-1:30p.m.- Business Forum- COMING SOON

### Saturday, August 24th

7:30a.m.-5:00p.m.- Registration Hours

8:00a.m.-5:00p.m.- Trade Show Hall Hours- Grand Hall

8:00-9:00p.m.- Dessert, Reception- Grand Hall

9:00p.m.-12:00a.m.- Dance- Grand Hall

### Sunday, August 25th

7:30a.m.-12:00p.m.- Registration Hours

8:00a.m.-12:00p.m.- Tradeshow Hall Hours- Grand Hall

## Schedule- Friday, August 23

8:30-9:20a.m.

PRESENTER	SESSION	ROOM
Ryan Nelson	Travel Time and Hours Worked: Fact or Fiction	California-Atlas Ballroom
	NYSPCC/AAF Course	East Room 2 Meeting
	Acro: Perfecting the Press Handstand	Grand Hall
Jeff Lulla	To Spot or Not to Spot...That is the Question	Royal Palm Salon 5/6
Annette Thomas	Creative Coaching	Royal Palm Salon 3/4
Bindee Eberle	The Link Between Nutrition, Sleep, Recovery & Performance	Royal Palm Salon 1/2
Shane McIntyre/Gigi Iavarone	JO Update	Town and Country-Atlas Ballroom

9:35-10:25a.m.

PRESENTER	SESSION	ROOM
Jeff Lulla	Instructor Training Courses-Assigning, Certifying and Tracking	California-Atlas Room
	NYSPCC/AAF Course	East Room 2 Meeting
Quin Shannon	Hands on Spotting Recreation	Grand Hall
Annette Thomas	Preschool Vault and Floor	Royal Palm Salon 5/6
Steve Greeley	31 Creative Ideas to Reward Student's Achievements	Royal Palm Salon 3/4
Dr. Alison Arnold	Coaching in the New Age	Royal Palm Salon 1/2
Bill Kane	Xcel or Not Xcel	Golden West-Atlas Ballroom
Derick Moellenbeck	Managing Daily and Weekly Micro Cycles of Periodization	San Diego-Atlas Ballroom
Gigi Iavarone/Connie Maloney	Level 8-10 Beam: Looking at Concentration Pauses, Series Connections and Direction of Choreography	Town and Country-Atlas Ballroom

11:00-11:50a.m.

PRESENTER	SESSION	ROOM
Ryan Nelson	Independent Contractor or Employee	California-Atlas Room

	NYSPCC/AAF Course	East Room 2 Meeting
Annette Thomas	Adding Yoga to Your Existing Programming Infants to Adults	Grand Hall
Heather Olson	Controlled Chaos: Preschool Class Management	Royal Palm Salon 5/6
Gene Hurwin	Special Needs: Active Participation in the Gym	Royal Palm Salon 3/4
Bindee Eberle	Building a Sports Nutrition for Competitive Teams	Royal Palm Salon 1/2
Shane McIntyre	Compulsory Bars- Drills	Golden West-Atlas Ballroom
Jill Hicks	Club Coaching: How to Help Athletes & Parents Navigate the Recruiting Process	San Diego-Atlas Ballroom
Linda Thorberg	Compulsory Judging Tips for Getting Organized and Staying Consistent	Town and Country-Atlas Ballroom

### 1:30-2:20p.m.

PRESENTER	SESSION	ROOM
Shelba Waldron	Demystifying Safe Sport	California-Atlas Room
Jill Hicks	The New 2019 NCAA Rules and How it Affects the Gymnast and Club Coach	East Room 2 Meeting
Quin Shannon/Steve Greeley	Warm-Ups for Classes Using Props	Grand Hall
Danielle Baker	Incorporating Preschool Learning into Classes	Royal Palm Salon 5/6
Annette Thomas	Special Events!	Royal Palm Salon 3/4
Dr. Alison Arnold	Mental Training Through Injuries	Royal Palm Salon 1/2
Bill Kane	Rewards We Overlook: Philosophical Reasons Use for All Levels	Golden West-Atlas Ballroom
Betty Okino	Leaps and Turns	San Diego- Atlas Ballroom
Gigi Iavarone/Connie Maloney	Level 9/10 Bars: Bonus Connections	Town and Country-Atlas Ballroom

### 2:35-3:25p.m.

PRESENTER	SESSION	ROOM
Ryan Nelson	Employee Handbooks: What You Need and What You Don't	California-Atlas Room
David Seiler	Kip Drills with Hands on Spotting	Grand Hall
Jill Hicks	New 2019 NCAA Rules and How it Affects the Gymnast and Coach	Royal Palm Salon 5/6
Robin Stevens	Aerial Arts Makes a Great New Program	Royal Palm Salon 3/4

Bindee Eberle	Sports Nutrition for Xcel/Compulsory: Healthy Foundations	Royal Palm Salon 1/2
Jill Preston	Xcel Update	Golden West-Atlas Ballroom
Derick Moellenbeck	Developing In Bar Circles	San Diego-Atlas Ballroom
Gigi Iavarone/Connie Maloney	Putting It All Together on Level 8 Beam	Town and Country-Atlas Ballroom

### 3:40-4:30p.m.

PRESENTER	SESSION	ROOM
Steve Cook/Cindy Scharns	Business Q&A	California-Atlas Room
Dan Witenstein	Bars: Front and Back Giant Drills	Grand Hall
Danielle Baker	Growth Mindset Coaching into Classes	Royal Palm Salon 5/6
Heather Olson	Mastering Communication with the Recreational Parent	Royal Palm Salon 3/4
Dr. Alison Arnold	This is Your Brain on Gymnastics	Royal Palm Salon 1/2
Bill Kane	Presentation is Everything	Golden West-Atlas Ballroom
Jason Vonk	Back and Front Twisting	San Diego-Atlas Ballroom
Leesa Berahovich	Xcel Judging- "What Do We Do with This?"	Town and Country-Atlas Ballroom

## Schedule- Saturday, August 3

### 8:30-9:20a.m.

PRESENTER	SESSION	ROOM
Steve Cook	Gymnastics Meets Ninja	California- Atlas Room
	NYSPCC/AAF Course	East Room 2 Meeting
Tom Koll	Floor: Compulsory Review 3-5	Grand Hall
Linda Thorberg	Tips Every Young Teacher Needs to Know	Royal Palm Salon 5/6
Laura Fuller	Preschool Beam	Royal Palm Salon 3/4
Keita Shimada	Managing the Common Gym Injuries	Royal Palm Salon 1/2
Jason Vonk	Round Off Back Handspring to Tuck and Layouts	Golden West-Atlas Ballroom

Neil Resnick	Most Important Training Skills for the JO Gymnast	San Diego- Atlas Ballroom
Shane McIntyre/Connie Maloney	Level 3-5 Bars: Comparing and Evaluating Major Elements	Town and Country- Atlas Ballroom

### 9:35-10:25a.m.

PRESENTER	SESSION	ROOM
Shelba Waldron	Understanding and Maintaining Boundaries with Athletes and Parents: A Safe Sport Perspective	California-Atlas Ballroom
	NYSPCC/AAF Course	East Room 2 Meeting
Quin Shannon	Hands on Spotting Compulsory/Xcel	Grand Hall
Linda Thorberg	Crawlers, Walkers, Runners: How to Get Parents Involved	Royal Palm Salon 5/6
Tom Koll	Ideas for Recreational Bars	Royal Palm Salon 3/4
Bindee Eberle	TBD	Royal Palm Salon 1/2
Jill Preston	Xcel Time Management	Golden West-Atlas Ballroom
Betty Okino	Choreographing Rhythm Changes on Beam	San Diego- Atlas Ballroom
Gigi Iavarone/Connie Maloney	Putting It All Together on Level 9 Floor	Town and Country- Atlas Ballroom

### 11:00-11:50a.m.

PRESENTER	SESSION	ROOM
Steve Greeley	Marketing to the Minds of Our Customers	California-Atlas Room
	NYSPCC/AAF Course	East Room 2 Meeting
Betty Okino	Beam: Acro Skills/Drills	Grand Hall
Danielle Baker	Start Class on a High and Keep Momentum and Positivity Up	Royal Palm Salon 5/6
Gene Hurwin	Special Needs: The Role of the Instructor Working in the Environment	Royal Palm Salon 3/4
Keita Shimada	Science of Sleep: Important for Athletes and Coaches	Royal Palm Salon 1/2
Tom Koll	Bars & Beam: Level 3 Skills & Progressions	Golden West-Atlas Ballroom
Neil Resnick	Bar Dismounts	San Diego- Atlas Ballroom
Connie Maloney	Tricks of the Trade	Town and Country- Atlas Ballroom

### 1:30-2:20p.m.

<b>PRESENTER</b>	<b>SESSION</b>	<b>ROOM</b>
Lynn Ledford	Finding the Hidden Money in Your Gym	California- Atlas Room
Quin Shannon	Hands on Spotting Back Handsprings	Grand Hall
Linda Thorberg	I'm 3 Look At Me!	Royal Palm Salon 5/6
Laura Fuller	Embodied Gymnastics: Teaching Body, Brain and Soul	Royal Palm Salon 3/4
Keita Shimada	Lower Back Injuries in the Gym	Royal Palm Salon 1/2
Jill Preston	Xcel Bars and Tumbling Skills and Drills	Golden West-Atlas Ballroom
Betty Okino	Inserting Expression in Your Choreography	San Diego-Atlas Ballroom
Tom Koll/Connie Maloney	Level 6/7 Vault	Town and Country-Atlas Ballroom

### 2:35-3:25p.m.

<b>PRESENTER</b>	<b>SESSION</b>	<b>ROOM</b>
Steve Greeley	11 Ideas to Wake Up Your Staff Training	California-Atlas Room
Cheryl Jarrett/Tom Koll	Compulsory Beam Review	Grand Hall
Jamie Ledford	Teaching Tricks that Stick	Royal Palm Salon 5/6
Gene Hurwin	Special Needs: Organizational Behavior	Royal Palm Salon 3/4
Cassie Rice	The Mental Side to Keep Kids in the Gym	Royal Palm Salon 1/2
Tom Koll	Choreography Made Simple	Golden West-Atlas Ballroom
Neil Resnick	The Big 3: Jaeger, Gienger, Tkatchev	San Diego-Atlas Ballroom
Gigi Iavarone/Connie Maloney	Applying the "Throughout the Exercise" Deductions on Beam & Floor	Town and Country-Atlas Ballroom

### 3:40-4:30p.m.

<b>PRESENTER</b>	<b>SESSION</b>	<b>ROOM</b>
Lynn Ledford	Pivot...How to Grow in New Directions	California-Atlas Room
Quin Shannon	Hands on Spotting Optional Skills	Grand Hall
Laura Fuller	Leader in Training	Royal Palm Salon 5/6
Jeff Lulla	Understanding the School Age Child: Why, How and What to Teach	Royal Palm Salon 3/4
Keita Shimada	Management of the Achilles Tendon Injuries in Gym	Royal Palm Salon 1/2

Tom Koll	2021 Compulsory Update	Golden West-Atlas Ballroom
Jason Vonk	Yurchenko Vault Through Flipping	San Diego-Atlas Ballroom
Gigi Iavarone/Neil Resnick	Level 8-10 Vault	Town and Country-Atlas Ballroom

## Sunday, August 4

### 8:30-9:20a.m.

PRESENTER	SESSION	ROOM
Lynn Ledford	No More Rinky Dinky Thinky...Elevating Your Gym Operations	California-Atlas Room
Steve Cook	G2N Live	Grand Hall
Danielle Baker	Games, Games, Games	Royal Palm Salon 5/6
Janell Cook/Felecia Mulkey	Opportunities for Gymnast to Compete in Acrobatic & Tumbling	Royal Palm Salon 3/4
Paula Lord	The Top 5% Drills and Exercises that Will Open Up All Your Athletes to the Top 5%	Royal Palm Salon 1/2
Jason Vonk	Tumbling: Bounding 2 Salto Passes	Golden West-Atlas Ballroom
Derick Moellenbeck	Enhance Your Assignments: Get More Effect Per Turn	San Diego-Atlas Ballroom
Cindy Lord/John Lavalee	NCAA Judging/Rules Update	Town and Country-Atlas Ballroom

### 9:35-10:25a.m.

PRESENTER	SESSION	ROOM
Steve Greeley	How to Get Return on Your Staff Training	California Atlas-Room
David Seiler	Casting & Flyaways	Grand Hall
Laura Fuller	Preschool Gymnastics: Attachment Psychology	Royal Palm Salon 5/6
Janell Cook/Felecia Mulkey	Compulsory Skills in Collegiate Acrobatics & Tumbling	Royal Palm Salon 3/4
Paula Lord	Inclusion for Expansion: Utilize all the Foundations of Gym to Create a Fully Inclusive Gym Community	Royal Palm Salon 1/2
Dan Witenstein	Bar: Transitions	Golden West-Atlas Ballroom
Shane McIntyre	Compulsory Vault	San Diego-Atlas Ballroom
Gigi Iavarone/Connie Maloney	Putting It All Together on Level 6 and 7 Bars	Town and Country-Atlas Ballroom

**10:40-11:30a.m.**

<b>PRESENTER</b>	<b>SESSION</b>	<b>ROOM</b>
Andy Seeley	How to Get the Most Out of Your Online Marketing	California-Atlas Room
David Seiler	Flexibility & Conditioning	Grand Hall
Heather Olson	TBD	Royal Palm Salon 5/6
John Lavalley	NCAA Recruiting Top Tips	Royal Palm Salon 3/4
Paula Lord	Perfect 10 Posture for Healthy Living	Royal Palm Salon 1/2
Cheryl Jarrett	Building Optional Dance Skills	Golden West-Atlas Ballroom
Quin Shannon	I Can Fix That Common Tumbling Mistakes	San Diego-Atlas Ballroom
Jill Preston	Judging Xcel Angles	Town and Country-Atlas Ballroom