



Grand Rapids, Michigan
Sept. 13-15, 2019



REGION 5

Thursday, September 12th

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

3:00-9:15p.m.- Women's Judges Exams- Grand Gallery Overlook A/B (Practical) Grand Gallery Overlook E/F (Written)

3:00-9:00p.m. - B414 Business Managers Best Practices Course-

Friday, September 13th

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

8:00a.m.-5:00p.m.- Trade Show Hall Hours- River Overlook Foyer

12:00-1:30p.m.- Business Forum- River Overlook E

Saturday, September 14th

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

8:00a.m.-5:00p.m.- Trade Show Hall Hours- River Overlook Foyer Banquet- JW Marriott Salon A

Sunday, September 15th

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

8:00a.m.-12:00p.m.- Tradeshow Hall Hours- River Overlook Foyer

Schedule- Friday, September 13

8:30-9:20a.m.

PRESENTER	SESSION	ROOM
Cindy Scharns	Employee's Handbooks What You Need and What You Don't	Grand Gallery Overlook G/H
Brandi Smith	Motor Control Training to Improve Performance	Grand Gallery Overlook E/F
Linda Thorberg	Parent and Child- Crawlers, Walkers and Runners	Grand Gallery Overlook C/D
Kittia Carpenter/Char Christensen	JO Update	River Overlook C/D
Nancy Gibson	Judging Xcel Beam and Floor	Grand Gallery Overlook A/B
Annette Thomas	Creative Coaching	River Overlook A/B

9:35-10:25a.m.

PRESENTER	SESSION	ROOM
Casey Wright	What's Your Business All-Around Score	Grand Gallery Overlook G/H
Dr. Gerald S. George	Training Techniques for Developing Champions	Grand Gallery Overlook E/F
Sandi McGee	Breaking the Mold Teaching Special Needs	Grand Gallery Overlook C/D
Claudia Kretschmer	Xcel Vault Progressions...Keep Learning	River Overlook C/D
Tammy Biggs	Active and Passive Flexibility	River Overlook A/B
Linda Thorberg	Applying the "Throughout the Exercise" Deductions on Beam and Floor	Grand Gallery Overlook A/B

11:00-11:50a.m.

PRESENTER	SESSION	ROOM
Cindy Scharns	How to Engage and Motivate Your Employees	Grand Gallery Overlook G/H
Brandi Smith	Movement 101: Freedom of Movement and Variability in Movement Are key to Thriving in Gymnastics	Grand Gallery Overlook E/F
Annette Thomas	Special Events Fun!	Grand Gallery Overlook C/D
Quin Shannon	42 Cool Floor Bar Ideas for Classes and Team	River Overlook C/D
Tammy Biggs	Dance Combination Advanced Beam	River Overlook A/B
Linda Thorberg	Level 6/7 Bars: Putting It All Together	Grand Gallery Overlook A/B

1:30-2:20p.m.

PRESENTER	SESSION	ROOM
Casey Wright	Staff Meetings- Solutions for Optimizing No Revenue Labor Hours	Grand Gallery Overlook G/H
Dr. Gerald S. George	How to Optimize Somersaulting & Twisting	Grand Gallery Overlook E/F
Sandi McGee	Foundation of Success: Floor Tumbling	Grand Gallery Overlook C/D
Quin Shannon	Why I Love Xcel	River Overlook C/D
Tammy Biggs	Dance Combination Advanced Floor	River Overlook A/B
Char Christensen/Connie Maloney	Taking a Look at Beam Concentration Pauses, Series Connections and Direction of Choreography	Grand Gallery Overlook A/B

2:35-3:25p.m.

PRESENTER	SESSION	ROOM
Andy Seeley	How to Get the Most Out of Your Online Marketing	Grand Gallery Overlook G/H
Brandi Smith	The Brain the Body and Performance	Grand Gallery Overlook E/F
Annette Thomas	Adding Yoga Classes to Your Existing Programming Infants to Adults	Grand Gallery Overlook C/D
Nancy Gibson/Claudia Kretschmer	Xcel Update	River Overlook C/D
Kittia Carpenter	Beam/Floor: Build a Routine for Maximum WOW Power!	River Overlook A/B
Connie Maloney	Tricks of the Trade	Grand Gallery Overlook A/B

3:40-4:30p.m.

PRESENTER	SESSION	ROOM
Casey Wright	15 Minute Solutions to Keeping Happy Hard Working People	Grand Gallery Overlook G/H
Dr. Gerald S. George	Ten Key Factors for Vaulting Success	Grand Gallery Overlook E/F
Sandi McGee	Beyond the Straight and Narrow/ "Bar Wars"	Grand Gallery Overlook C/D
Quin Shannon	Making Strength and Conditioning More Fun!	River Overlook C/D
Nanci Moore & Alexis Moore	Dance for Gymnastics the How and Why	River Overlook A/B
Sue Kane	The Importance of Artistry in Gymnastics	Grand Gallery Overlook A/B

Schedule- Saturday, September 14

8:30-9:20a.m.

PRESENTER	SESSION	ROOM
Sean Dever	Most Common Business Bookkeeping Mistakes	Grand Gallery Overlook G/H
Nicole Jontony	Sports Nutrition Basics for Gymnasts	Grand Gallery Overlook E/F
Tom Koll	Ideas for Recreational Bars	Grand Gallery Overlook C/D
Brad McLaren/Kelli McLaren	Bridging the Gap Between Coach, Athlete, Physical Therapist Working Together for Success	River Overlook C/D
Mary Lee Tracy	My Favorite Drills	River Overlook A/B
Dr. Gerald S. George	Training the Eye of the Judge and the Coach	Grand Gallery Overlook A/B

9:35-10:25a.m.

PRESENTER	SESSION	ROOM
Sean Dever	Understanding Your Payroll!	Grand Gallery Overlook G/H
Kelli McLaren	Helping Your Gymnast for Higher Level Training	Grand Gallery Overlook E/F
Patti Komara	Teaching Gymnastics, A-Z	Grand Gallery Overlook C/D
Tom Koll	Beam & Bar Drills for Level 3 Skills /Drills (Xcel)	River Overlook C/D
Jason Vonk	Front and Back Twisting	River Overlook A/B
Connie Maloney	Level 9/10 Bars: Bonus Connections	Grand Gallery Overlook A/B

11:00-11:50a.m.

PRESENTER	SESSION	ROOM
Shelba Waldron	Understanding & Maintaining Boundaries with Athletes & Parents: A Safe Sport Perspective	Grand Gallery Overlook G/H
Kelli McLaren	Coaching Considerations for the Female Athlete	Grand Gallery Overlook E/F
Quin Shannon	Coaching the Other 99%	Grand Gallery Overlook C/D
Brad McLaren	Developing Bars for Early Optionals 5 Root Drills for All	River Overlook C/D
Jason Vonk	Tumbling: Bounding Double Salto Passes	River Overlook A/B
Tom Koll/Char Christensen	Level 6/7 Vault	Grand Gallery Overlook A/B

1:30-2:20p.m.

PRESENTER	SESSION	ROOM
Steve Cook	Ninja Business and Curriculum	Grand Gallery Overlook G/H
Nicole Jontony	Tools for Talking Nutrition & Body Comp with your Athletes	Grand Gallery Overlook E/F
Rhonda Zaluckyj	Top 25 Tips for School-Age Programs	Grand Gallery Overlook C/D
Tom Koll	2021 Compulsory Update	River Overlook C/D
Mary Lee Tracy	Planning Your Training to Peak at Competitions	River Overlook A/B
Char Christensen	Level 8 Beam: Putting It All Together	Grand Gallery Overlook A/B

2:35-3:25p.m.

PRESENTER	SESSION	ROOM
Sean Dever	Business Policy Simplification	Grand Gallery Overlook G/H
Kelli McLaren	Helping Your Gymnast as They Mature	Grand Gallery Overlook E/F
Michelle Kocan	Class Management	Grand Gallery Overlook C/D
Brad McLaren	Do's and Don't's for Early Optional Vault	River Overlook C/D
Jason Vonk	Bars: Developing the Tap Swing that Develops into Everything	River Overlook A/B
Nancy Gibson	Judging Xcel Bars	Grand Gallery Overlook A/B

3:40-4:30p.m.

PRESENTER	SESSION	ROOM
Cindy Scharns, Steve Cook and Sean Dever	Business Q & A	Grand Gallery Overlook G/H
Nicole Jontony	Nutrition on the Go- Snacking, Travel and Meet Day	Grand Gallery Overlook E/F
Rhonda Zaluckyj	Pre School Kicking it Up a Notch! Games, Props, Awards	Grand Gallery Overlook C/D
Tom Koll	Inquiries at Optional Meets- What Can I Ask the Judge?	River Overlook C/D
Mary Lee Tracy	Training Methods for Athletes Returning from Injuries	River Overlook A/B
Dave Marus/Connie Maloney	Level 8-10 Vault	Grand Gallery Overlook A/B

Sunday, September 15

8:30-9:20a.m.

PRESENTER	SESSION	ROOM
Shelba Waldron	Emotional Abuse Vs. Tough Coaching: How to Know the Difference	Grand Gallery Overlook G/H
Leslie Angeles	Understanding Pilates- 5 Basic Principles Introduction	Grand Gallery Overlook E/F
Angela Ucci/Whitney Hazely	Opportunities for Gymnasts to Compete in Collegiate Acrobatics and Tumbling	Grand Gallery Overlook C/D
Zach Crumpton	Watch Me Whip (Intro to Combination Tumbling)	River Overlook C/D
Mary Wright	Using Core Conditioning to Improve Shapes	River Overlook A/B
Debbie Campbell/Christine MacDonald	NCAA Update	Grand Gallery Overlook A/B

9:35-10:25a.m.

PRESENTER	SESSION	ROOM
Geffrey Colon	Sports Psych for Peak Performance	Grand Gallery Overlook G/H
Leslie Angeles	Essential Exercises for Conditioning	Grand Gallery Overlook E/F
Angela Ucci/Whitney Hazely	Acrobatics & Tumbling Skills 101	Grand Gallery Overlook C/D
Zach Crumpton	Going Full Circle- Stalders, Toe-Hands, In Bars	River Overlook C/D
Mary Wright	Developing a Yearly Optional Plan Part 1	River Overlook A/B
Dave Marus/Connie Maloney	Level 3-5 Bars: Comparing/Evaluating Major Elements	Grand Gallery Overlook A/B

10:40-11:30a.m.

PRESENTER	SESSION	ROOM
Christina MacDonald	NCAA Recruiting Top Tips	Grand Gallery Overlook G/H
Leslie Angeles	Exercises in Relation to Gymnastics Skills	Grand Gallery Overlook E/F
Geffrey Colon	Dealing with Fear	Grand Gallery Overlook C/D
Zach Crumpton	Developing Yurchenko Vaults	River Overlook C/D
Mary Wright	Developing a Yearly Optional Plan Part 2	River Overlook A/B
Char Christensen	Level 9 Floor Exercise: Putting It All Together	Grand Gallery Overlook A/B