



Thursday, August 1st

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

3:00-9:15p.m.- Women's Judges Exams- Providence Ballroom (Practical) South County (Written)

11:00a.m.-12:30p.m.- U303: Child Sexual Abuse Prevention: Safeguarding Your Athletes and Your Gym

12:45-2:15p.m.-U304: How to Identify and Report Child Abuse and Neglect: A Practical Training for Coaches and Gym Owners

Friday, August 2nd

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

8:00a.m.-5:00p.m.- Trade Show Hall Hours- Exhibit Hall D RICC

12:00-1:30p.m.- Business Forum- Rotunda RICC

6:30-10:00p.m.- Region 6 Banquet- Narragansett AB

Saturday, August 3rd

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

8:00a.m.-5:00p.m.- Trade Show Hall Hours- Exhibit Hall D RICC

Sunday, August 4th

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

8:00a.m.-12:00p.m.- Tradeshow Hall Hours- Exhibit Hall D RICC

Schedule- Friday, August 2

8:30-9:20a.m.

PRESENTER	SESSION	ROOM
Tom Koll	2021-2029 Compulsory Update	Narragansett A
Cindy Scharns	Travel Time and Hours Worked: Fact or Fiction	Waterplace Ballroom
Dr. Alison Arnold	Coaching in the New Age of Gymnastics	Narragansett C
Linda Thorberg	Level 3-5 Bars Comparing/Evaluating Major Elements	Providence Ballroom
Steve Greeley	14 Characteristics of Irreplaceable Gymnastics Instructors	Bristol Kent
Mary L. Pulido	NYSPCC/AFF Course	Newport/Washington
Mary Wright	Balance Beam Improving Artistry/Execution	Exhibit Hall D
Daniel Young	Strength and Conditioning Review	South County
Elly Hart	Common Gymnastics Injuries: Diagnosis, Treatment and Prevention	Narragansett B

9:35-10:25a.m.

PRESENTER	SESSION	ROOM
Daniel Miranda	Starting a Successful TOPs Program: Ways to Strengthen your Gymnastics Basics Culture	Narragansett A
Casey Wright	Think BIG: Growth Mindset Tools to Level Up Yourself and Your Athletes	Waterplace Ballroom
Tom Koll	The Future of Level 6/7 Vault	Narragansett C
Marian Dykes/Connie Maloney	Beam: Level 8 Putting It All Together	Providence Ballroom
Linda Thorberg	Maximizing your Recreational Program	Bristol Kent
Mary L. Pulido	NYSPCC/AFF Course	Newport/Washington
Nicole Langevin	Succeed in Compulsories While Preparing for Optionals	Exhibit Hall D
Anthony Passamonte	Kettlebell 1,2,3 and Animal Flow	South County
Steve Cook	Building Your Business Ninja Style	Narragansett B

11:00-11:50a.m.

PRESENTER	SESSION	ROOM
Jamie Winkler/Christy Naik	JO Update	Narragansett AB
Steve Cook	Independent Contractor or Employee	Waterplace Ballroom
Dr. Alison Arnold	Coaching Through Mental Blocks	Narragansett C
Marian Dykes	Xcel Coaches Guide to Judging	Providence Ballroom
Tom Koll	Ideas for Recreational Instructors Who Teach Bars	Bristol Kent
Mary L. Pulido	NYSPCC/AFF Course	Newport/Washington
Marlyce Morace	HOS Recreation	Exhibit Hall D
Daniel Young	Metabolic Training	South County

1:30-2:20p.m.

PRESENTER	SESSION	ROOM
Gail Caspare	Xcel Update	Narragansett A
Casey Wright	Generation Alpha: Marketing to Millennials as Parents	Waterplace Ballroom

Kevin Mazeika	In Bar Skill Development	Narragansett C
Marian Dykes/Connie Maloney	Beam & Floor Applying General Deductions Throughout	Providence Ballroom
Steve Greeley	Cheez-ology The Many Many Ways to Use a Wedge Mat	Bristol Kent
Tom Koll	Up to the Level "Compositional Deductions from a Coaches Eye" Level 8	Newport/Washington
Mary Wright	Floor: Improving Artistry/Execution	Exhibit Hall D
Anita Young	Substance Abuse Disorder: Signs, Symptoms and Action	South County
Dr. Alison Arnold	Mental Training Through Injury	Narragansett B

2:35-3:25p.m.

PRESENTER	SESSION	ROOM
Marlyce Morace	Beam Drills for Compulsory Dance Skills	Narragansett A
Cindy Scharns	Employee Handbooks: What You Need and What You Don't	Waterplace Ballroom
Kevin Mazeika	Kips, Pirouettes and Blind Changes	Narragansett C
Gail Caspare	Xcel Leaping Lizards	Providence Ballroom
Linda Thorberg	Teach the Teacher: Tips to Be a Great Instructor	Bristol Kent
Tom Koll	Up to the Level "Compositional Deductions from a Coaches Eye" Level 9-10	Newport/Washington
Steve Cook	Ninja Curriculum	Exhibit Hall D
Anthony Passamonte	Neutral Spine and RDL Deadlift Effects	South County
Elly Hart	Lower Back Injuries: Diagnosis, Treatment and Prevention	Narragansett B

3:40-4:30p.m.

PRESENTER	SESSION	ROOM
Nicole Langevin	Training Up for Xcel Athletes	Narragansett A
Casey Wright	15 Minute Solution to Keep Happy Hardworking Employees	Waterplace Ballroom
Mary Wright	Core Conditioning to Improve Shapes	Narragansett C
Marian Dykes/Connie Maloney	Vault Level 8-10	Providence Ballroom
Linda Thorberg	Recreational Tumbling: Rolling, Wheeling, Spinning	Bristol Kent
Tom Koll	Level 3-5 Floor Review	Exhibit Hall D
Lorenzo Maculoso	"Greening the Bottom Line: Saving Energy and Reducing Waste"	South County
Dr. Alison Arnold	Coaching Gymnastics-Coaching Life	Narragansett B

Schedule- Saturday, August 3

8:30-9:20a.m.

PRESENTER	SESSION	ROOM
Zach Crumpton	Bars: Bridging the Gap	Narragansett A
Lynn Ledford	Finding Hidden Money in Your Gym	Waterplace Ballroom
Mary Wright	Developing a Yearly Optional Plan Step by Step (Part 1)	Narragansett C
Marian Dykes/Connie Maloney	Level 9 Floor	Providence Ballroom

Linda Thorberg	I'm 3 Look at Me!	Bristol Kent
Mary L. Pulido	NYSPCC/AFF Course	Newport/Washington
Mike Hunger	Basic Yurchenko Vaulting	Exhibit Hall D
Kevin Mazeika	Pommel Horse: Why You Fall Off!	South County
Jackie Bianco	Prevention and Treatment for Spotting Injuries for Coaches	Narragansett B

9:35-10:25a.m.

PRESENTER	SESSION	ROOM
Daniel Miranda	How to Use Small Spaces for Recreational Classes	Narragansett A
Steve Greeley	How to Get Return on Your Staff Training	Waterplace Ballroom
Mary Wright	Developing a Yearly Optional Plan Step by Step (Part 2)	Narragansett C
Maria DeCristoforo	A Review of Trends, Observations and Artistry for Level 10	Providence Ballroom
Dr. Robin Pearson	That Kid! Teaching Positive Behavior	Bristol Kent
Mary L. Pulido	NYSPCC/AFF Course	Newport/Washington
Tom Koll	Level 3-5 Beam Review	Exhibit Hall D
Kevin Mazeika	Floor: Round-Off, Basic Technical Execution and Variations for Specific Skills	South County
Nicole Martin	Sports Nutrition: Fueling Your Best Performance	Narragansett B

11:00-11:50a.m.

PRESENTER	SESSION	ROOM
Zach Crumpton	Basic Tumbling	Narragansett A
Shelba Waldron	Demystifying Safe Sport	Waterplace Ballroom
Mike Hunger	Using Trampoline	Narragansett C
Linda Thorberg	Bars Level 6/7 Putting It All Together	Providence Ballroom
Steve Greeley	31 Creative Ideas to Reward Student's Achievements	Bristol Kent
Mary L. Pulido	NYSPCC/AFF Course	Newport/Washington
Jacqui Olsen	HOS Kips and Drills	Exhibit Hall D
Kevin Mazeika	The Process of Creating Higher Level Vaults	South County
Elly Hart	Shoulder, Elbow and Wrist Injuries: Diagnosis, Treatment and Prevention	Narragansett B

1:30-2:20p.m.

PRESENTER	SESSION	ROOM
Tom Koll	Level 1-2 Drills for Skills on Vault	Narragansett A
Steve Greeley	Marketing to the Minds of Our Customers	Waterplace Ballroom
Zach Crumpton	Watch me Whip	Narragansett C
Maria DeCristoforo	Troublemaker: Leaps and Turns- A Pot-Pourri of Dance Skills	Providence Ballroom
Dr. Robin Pearson	Power to the People: Leadership/ Problem Solving	Bristol Kent
Shelba Waldron	Understanding and Maintaining Boundaries with Athletes and Parents: A Safe Sport Perspective	Newport/Washington
Marlyce Morace	HOS Intermediate Bars, Beam and Floor	Exhibit Hall D
Kevin Mazeika	High Bar: Is Your Athlete's Progress Limited?	South County
Brian Pickard	Plyometric Training During the Offseason	Narragansett B

2:35-3:25p.m.

PRESENTER	SESSION	ROOM
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Zach Crumpton	Conditioning for Competitive Gymnastics	Narragansett A
Lynn Ledford	Legal Liability A-Z	Waterplace Ballroom
Mike Hunger	Turning a Pike into a Layout and Beginning to Twist Yurchenkos	Narragansett C
Marian Dykes/Connie Maloney	Level 6/7 Vault	Providence Ballroom
Tom Koll	Ideas for Recreational Instructors Who Teach Beam	Bristol Kent
Whitney Hazley/Angela Ucci	Opportunities for Gymnasts to Compete in Collegiate Acrobatics and Tumbling	Newport/Washington
Nicole Langevin	Superb Switch Leaps	Exhibit Hall D
Kevin Mazeika	Producing a Stable Support Swing	South County
Elly Hart	Hip/Knee/Ankle/Foot Injuries: Diagnosis, Treatment and Prevention	Narragansett B

3:40-4:30p.m.

PRESENTER	SESSION	ROOM
Tom Koll	Level 1-2 Drills for Great Skills on Beam	Narragansett A
Steve Greeley	11 Ideas to Wake Up Your Staff Training	Waterplace Ballroom
Mike Hunger	Tumbling: Better Takeoffs and Flipping Mechanics	Narragansett C
Marian Dykes/Connie Maloney	Bars Level 9/10 Connection Bonus	Providence Ballroom
Dr. Robin Pearson	Teaching Special Needs	Bristol Kent
Whitney Hazley/Angela Ucci	Acrobatics & Tumbling Skills 101	Newport/Washington
Jacqui Olsen/ Chad Buczek	HOS Bar Circles and Baby Giants	Exhibit Hall D
Kevin Mazeika	Where Men's Gymnastics Has Been, Where We Are and Where We Are Going	South County
Elly Hart	Medical Coverage for Gymnastics Competition and Practice	Narragansett B

Sunday, August 4

8:30-9:20a.m.

PRESENTER	SESSION	ROOM
Zach Crumpton	Drills, Drills, Drills Body Shaping	Narragansett A
Lynn Ledford	No More Rinky, Dinky Thinky Elevate Gym Operations	Waterplace Ballroom
Mike Hunger	Increasing Your Bar Score: Importance of Basics	Narragansett C
Marian Dykes	Xcel Vault/Bars- It is All About the Angles	Providence Ballroom
Sara Carver	Understanding College Recruiting	Bristol Kent
Dr. Robin Pearson	Co-Operative Games	Exhibit Hall D
Anthony Passamonte	Triple Extension and Power Running	South County
Nicole Martin	Sports Nutrition: The Missing Link to Optimizing Athletic Performance	Narragansett B

9:35-10:25a.m.

PRESENTER	SESSION	ROOM
Daniel Miranda	Organization is the Key...Step by Step for a Successful Gymnastics Program	Narragansett A
Josh Diorio	Effective Communication with Staff, Athletes and Families	Waterplace Ballroom
Zach Crumpton	Let's Talk About Twisting	Narragansett C

Marian Dykes	Beam Concentration Pauses	Providence Ballroom
Jacqui Olsen/Chad Buczek	HOS Bar Casting/Flyaways	Exhibit Hall D
Scott Seskevich	Go With the Flow: Reducing Skill Anxiety	South County
Elly Hart	How to Return to Gymnastics After an Injury	Narragansett B

10:40-11:30a.m.

PRESENTER	SESSION	ROOM
Nicole Langevin	Small Side Stations that Make a Big Difference	Narragansett A
Lynn Ledford	Pivot: Growing in New Directions	Waterplace Ballroom
Mike Hunger	Bar Releases	Narragansett C
Lois Colburn/Sara Carver	NCAA Update	Providence Ballroom
Dr. Robin Pearson	Circuits	Exhibit Hall D
Daniel Young	Stetching Principles and Techniques	South County
Brian Pickard	Multiplanar Strength: Keeping Athletes Balanced and Healthy	Narragansett B