



Thursday, June 27th

- 6:00-9:00p.m.- Registration Hours
- 3:00-9:00p.m.- W200 Women’s Developmental Coaches Course- Ravinia Ballroom
- 3:00-9:00p.m.- B414 Business Managers Best Practices- Business Conference Center
- 3:00-9:15p.m.- Women’s Judges Exams- Dunwoody (Practical) Maplewood (Written)

Friday, June 28th

- 7:30a.m.-5:00p.m.- Registration Hours
- 12:00p.m.- 5:00p.m.- Region 8 Silent Auction Hours
- 8:00a.m.-5:00p.m.- Trade Show Hall Hours- Ravinia Ballroom
- 12:00-1:30p.m.- Business Forum- Camellia
- 6:30-9:00p.m.- Region 8 Reception- Ravinia Ballroom ABC

Saturday, June 29th

- 7:30a.m.-5:00p.m.- Registration Hours
- 8:00a.m.-5:00p.m.- Trade Show Hall Hours- Ravinia Ballroom

8:00a.m.- 4:30p.m.- Region 8 Silent Auction Hours (Winners must pick up and pay for their auction item/items by 10:00a.m. Sunday)

Sunday, June 23rd

- 7:30a.m.-12:00p.m.- Registration Hours
- 8:00a.m.-12:00p.m.- Tradeshow Hall Hours- Ravinia Ballroom

Schedule- Friday, June 28

8:30-9:20a.m.

PRESENTER	SESSION	ROOM
Sean Dever	Business Policy Simplification	Business Conference Center
Annette Thomas	How to Retain Your Staff and Students	Oakwood
Marian Dykes & Brad Harris	JO Update	Dunwoody Suite
Kim Stiefel	The Art of Developing the Whole Gymnast Using Warm-Ups and Cool Downs	Ravinia Ballroom B&C
Jason Vonk	Developing the Round Off Back Handspring, Tuck and Layout	Ravinia Ballroom D-G

9:35-10:25a.m.

PRESENTER	SESSION	ROOM
Shelba Waldron	Demystifying Safe Sport	Business Conference Center
Cindy Bickman	Coaching Gymnasts with Special Needs	Oakwood
Cookie Batsche	Cool Combos	Dunwoody Suite
Brad Harris	Conditioning the JO Athlete	Ravinia Ballroom A
Elaine Wulf & Marian Dykes	Xcel Update	Ravinia Ballroom B&C
Courtney Johnson & Trent Nessler	21 st Century Approach to Injury Prevention & Performance Enhancement in Gymnastics	Maplewood
Jason Vonk	Developing the Tap Swing Leads to Everything	Ravinia Ballroom D-G

11:00-11:50a.m.

PRESENTER	SESSION	ROOM
Sean Dever	Most Common Business Bookkeeping Mistakes	Business Conference Center
Annette Thomas	Creative Coaching	Oakwood
Connie Maloney & Brad Harris	Level 3-5 Bars: Comparing and Evaluating Major Elements	Dunwoody Suite
Jason Vonk	Yurchenko Vaults Through Flipping	Ravinia Ballroom A
Kim Stiefel	Properly Programming a Pre-Team Feeder Program	Ravinia Ballroom B&C
Courtney Johnson & Trent Nessler	Evidence-Based Exercises to Prevent Injuries and Improve Performance in Gymnastics	Maplewood
Cindy Bickman	Special Needs Inclusion	Ravinia Ballroom D-G

1:30-2:20p.m.

PRESENTER	SESSION	ROOM
Steve Cook	G2N Starting Ninja in Your Gym	Business Conference Center
Cindy Bickman	Rhythmic Xcel -Challenge your Rec Students to Achieve More in Rhythmic Gymnastics	Oakwood
Marian Dykes & Connie Maloney	Let's Look at Concentration Pauses, Direction of Choreography & Series Connections on Beam	Dunwoody Suite
Jason Vonk	Developing Double Tucks, Pikes and Layouts	Ravinia Ballroom A
Steve Greeley	31 Creative Ideas to Reward Students Achievements	Ravinia Ballroom B&C
Michael Durante	50+ Things to do With Every Gymnast	Maplewood
Brad Harris	Bars: Conditioning and Drills for Kips and Compulsory Skills	Ravinia Ballroom D-G

2:35-3:25p.m.

PRESENTER	SESSION	ROOM
Sean Dever	Maximizing Your Business Profits!	Business Conference Center
Steve Greeley	14 Characteristics of Irreplaceable Gymnastics Instructors	Oakwood
Julie King	The Jeopardy Challenge	Dunwoody Suite
Brad Harris	Compulsory Bars	Ravinia Ballroom A
Michael Durante	Cartwheels and Front Handsprings...You've Got to See This	Ravinia Ballroom B&C
Ludmila Shobe	Organizing Training and Positive Communication with Your Athletes	Maplewood
Tom Koll	Compulsory Floor Review	Ravinia Ballroom D-G

3:40-4:30p.m.

PRESENTER	SESSION	ROOM
Cindy Scharns	Trending Business Topics	Business Conference Center
Steve Greeley	Cheezology: The Many Ways to Use Wedge Mats	Oakwood
Marian Dykes & Connie Maloney	Putting It All Together on Level 9 Floor Exercise	Dunwoody Suite
Brad Harris	Optional Bars	Ravinia Ballroom A
Michael Durante	Back Twisting From ½'s to Triples	Maplewood
Annette Thomas	Using Props and Games	Ravinia Ballroom D-G

Schedule- Saturday, June 29

8:30-9:20a.m.

PRESENTER	SESSION	ROOM
Jeff Metzger	Influencing Behavior: The Mother of All Business	Business Conference Center
Jeff Lulla	To Spot or Not to Spot?	Oakwood
Connie Maloney & Buddy Thorburn	Level 8-10 Vault	Dunwoody Suite
Ludmila Shobe	Beam Drills and Sequences	Ravinia Ballroom A
Megan Kodetsky	Conditioning with Fun in Mind	Ravinia Ballroom B&C
Dr. Alison Arnold	Coaching Gymnastics...Coaching Life	Maplewood
Jonathan Horton	Ninja Curriculum	Ravinia Ballroom D-G

9:35-10:25a.m.

PRESENTER	SESSION	ROOM
Shelba Waldron	Understanding and Maintaining Boundaries with Athletes and Parents: A Safe Sport Perspective	Business Conference Center
Annette Thomas	Recreation Bars	Oakwood
Marian Dykes & Connie Maloney	Level 9 & 10 Bar Bonus	Dunwoody Suite
Ludmila Shobe	Warm-Ups	Ravinia Ballroom A
Tom Koll	Drills and Skills for Level 3	Ravinia Ballroom B&C
Kelli McLaren	Coaching Considerations for the Female Athlete	Maplewood
Brad McLaren	Hands on Spotting Optionals	Ravinia Ballroom D-G

11:00-11:50a.m.

PRESENTER	SESSION	ROOM
Jeff Metzger	Managing by the Numbers Without Overmanaging	Business Conference Center
Jeff Lulla	Understanding the School-Age Child: Why, How and What to Teach	Oakwood
Cookie Batsche	Floor Dance Skill Recognition	Dunwoody Suite
Tom Koll	How to Create a Floor Routine from Scratch	Ravinia Ballroom A
Megan Kodetsky	Getting the Most Out of Gymnasts on Limited Hours	Ravinia Ballroom B&C
Dr. Alison Arnold	Mental Training Through Injury	Maplewood
Brad McLaren	Hands on Spotting Compulsory	Ravinia Ballroom D-G

1:30-2:20p.m.

PRESENTER	SESSION	ROOM
Erik Lilla	You're Only as Good as Your Systems	Business Conference Center
Annette Thomas	Recreation Beam	Oakwood
Elaine Wulf & Marian Dykes	Xcel Judging Angles	Dunwoody Suite
Connie Maloney & Tom Koll	Level 6/7 Vault	Ravinia Ballroom A
Nicole Langevin	Succeed in Compulsory While Preparing for Optionals	Ravinia Ballroom B&C
Kelli McLaren	Helping Your Gymnast as They Mature	Maplewood
Brad McLaren	Hands on Spotting Back Handsprings	Ravinia Ballroom D-G

2:35-3:25p.m.

PRESENTER	SESSION	ROOM
Jeff Metzger	Designing Bonus Plans that Work	Business Conference Center
Jeff Lulla	Warm-Ups	Oakwood
Cookie Batsche	Region 8 Judges Challenge on Bars, Beam and Floor Composition	Dunwoody Suite
Nicole Langevin	Lead-Ups for Optional Beam Dismounts	Ravinia Ballroom A
Tom Koll	Compulsory Review Beam	Ravinia Ballroom B&C
Dr. Alison Arnold	This Is Your Brain on Gymnastics	Maplewood
Brad McLaren	Hands on Spotting Recreation	Ravinia Ballroom D-G

3:40-4:30p.m.

PRESENTER	SESSION	ROOM
Erik Lilla	Goals for Your Team and for Yourself	Business Conference Center
Jeff Lulla	Lesson Planning	Oakwood
Marian Dykes & Connie Maloney	Applying "Throughout the Exercise" Deductions on Beam and Floor	Dunwoody Suite
Marcos Barros	Creating Xcel Routines	Ravinia Ballroom A
Megan Kodetsky	Xcel Beam Major Skills for Each Level	Ravinia Ballroom B&C
Kelli McLaren	How to Prepare Younger Gymnasts for Higher Level Training	Maplewood
Nicole Langevin	Switch Sides and Beyond	Ravinia Ballroom D-G

Sunday, June 30

8:30-9:20a.m.

PRESENTER	SESSION	ROOM
Julie King	The Pros and Cons of Having Your Own Meet Scoring System	Business Conference Center
Michelle Kocan	Conditioning for ALL- Preschool to Preteam	Oakwood
Marian Dykes & Connie Maloney	Putting It All Together on Level 6 & 7 Bars	Dunwoody Suite
Bryan Raschilla	Understanding College Recruiting	Ravinia Ballroom A
Elaine Wulf	Choreography for Xcel Silver and Bronze	Ravinia Ballroom B&C
David Marshall	Returning to Play After a Concussion	Maplewood
Steve Arkell	Casting and Circling	Ravinia Ballroom D-G

9:35-10:25a.m.

PRESENTER	SESSION	ROOM
Jeff Metzger	How to Manage Multiple Programs	Business Conference Center
Michelle Kocan	Rec Vault and Floor	Oakwood
Evelyn Chandler and Bryan Raschilla	NCAA Update	Dunwoody Suite
Felecia Mulkey & Heather Ould	Opportunities for Gymnasts to Compete in Collegiate Acrobatics & Tumbling	Ravinia Ballroom A
Ludmila Shobe	Beam Acro Drills and Progressions- Finding Skills That Work for Your Athlete	Ravinia Ballroom B&C
Daniele Albert	Taping 101 How To	Maplewood
Steve Arkell	Yurchenko Drills	Ravinia Ballroom D-G

10:40-11:30a.m.

PRESENTER	SESSION	ROOM
Erik Lilla	Your Organizational Chart	Business Conference Center
Michelle Kocan	Class Progressions to Keep Them Moving in the Right Direction	Oakwood
Marian Dykes & Connie Maloney	Putting It All Together on Level 8 Beam	Dunwoody Suite
Felecia Mulkey & Heather Ould	Compulsory Skills for Collegiate Acrobatics & Tumbling	Ravinia Ballroom A
Elaine Wulf	Choreography for Xcel Diamond and Platinum	Ravinia Ballroom B&C
David Marshall	Wrist Pain Treatment and Prevention	Maplewood
Steve Arkell	Intermediate to Advanced Tumbling	Ravinia Ballroom D-G

