

# 2022 Region 1 Congress Lecture Schedule

*Tentative as of June 15 - Lecture Topics and Presenters Subject to Change*

## Friday, August 26

8:45-9:45	Kristina Williams	Time Management for Gym Owners - How to Get All the Things Done	Business
8:45-9:45	Bindee Eberle	Talking to Parents about Nutrition and Recovery: A Parent and Coach Perspective	Athlete Wellness
8:45-9:45	Mary Wright	Coaches Toolbox for Success: Understanding Athlete Perfectionism	Coaching
8:45-9:45	Quin Shannon	Making Warm-Ups Fun!	Coaching
8:45-9:45	Rion Gene Page	Athlete Attrition, Scholarships and Much More: Acrobatics Can Do it All!	Acrobatics
8:45-9:45	Gigi Iavarone, Shane McIntyre, Jen Krause	Development Program Update	Women
10:00-11:00	Andy Seeley	Overcoming Staffing Issues to Grow Profits and Create Careers!	Business
10:00-11:00	Shelba Waldron, Cindy Scharns	Understanding and Managing Bullying Between Athletes	Athlete Wellness
10:00-11:00	Annie Bradshaw	Adapting a Station from Baby to Pre-Team	Coaching
10:00-11:00	Brad Harris	Uneven Bars: Level 1-5 (Xcel) - Part 1	Coaching
10:00-11:00	Mary Wright	The Athlete's Golden Few: Athlete Voices Using Goal Setting and Journaling	Coaching
10:00-11:00	Cheryl Hamilton, Pat Panichas	What's New and Review for Level 10	Technical
11:30-12:30	Cindy Scharns, Shelba Waldron	Club Services Update	Business
11:30-12:30	Diana Lattimore	Let's Talk: Fear vs. Pain	Athlete Wellness
11:30-12:30	Jeff Lulla	Being an Amazing Instructor!	Recreational
11:30-12:30	Brad Harris	Uneven Bars: Level 1-5 (Xcel) - Part 2	Coaching
11:30-12:30	Mary Wright	Training Strategies to Improve an Athlete's Balance Beam Routine Characteristics	Coaching
11:30-12:30	Jill Preston, Gigi Iavarone, Heather Ould	Xcel Update	Women
2:15-3:15	Jeff Lulla	Customer Service and Professionalism	Business
2:15-3:15	Bindee Eberle	Creating a Healthy-Athlete Protocol for Your Gym: A Tool for Success	Athlete Wellness
2:15-3:15	Pam Evans	15 Tricks to Achieving Disciplined Fun	Recreational
2:15-3:15	Jill Preston	Beam: Xcel Skills and Drills	Coaching
2:15-3:15	Quin Shannon	When Things Go Wrong: How to Best Help Your Gymnasts When Things Go Wrong In the Gym	Coaching
2:15-3:15	Brad Harris, Pat Panichas	Uneven Bars: Good, Better, Best - a Coach and Judge Perspective	Coaching
3:30-4:30	Frank Sahlein	Employee Compensation, Industry Pricing, and Other Areas	Business
3:30-4:30	Shelba Waldron	The Influence of a Coach: Building Relationships with your Athletes and their Parents	Athlete Wellness
3:30-4:30	Steve Greeley	The Secrets to Awesomer Rec Classes	Recreational
3:30-4:30	Brad Harris	Vault: Handspring Vaults	Coaching
3:30-4:30	Ellie Gerber	Uneven Bars: Preteam/Developmental - How to Keep it Fun and Reduce Fear	Coaching
3:30-4:30	Gigi Iavarone, Connie Maloney	What's New and Review for Level 7	Technical

## Saturday, August 27

8:45-9:45	Frank Sahlein	The Intersection of Professional and Personal Organization and Effectiveness: How to Transform and Coordinate Your Business	Business
8:45-9:45	Diana Lattimore	The Little Gymnast That Could - "I think I can, I think I can!"	Athlete Wellness
8:45-9:45	Jayden Roth	Games for Conditioning and Warm-Ups	Recreational
8:45-9:45	Shane McIntyre	Vault and Tumbling: Making Corrections and Maximizing Progressions	Coaching
8:45-9:45	Tammy Biggs	Beam: Hopes to Elite	Coaching
8:45-9:45	Marilyn Blilie, Pat Panichas	What's New and Review for Level 9	Technical
10:00-11:00	Steve Greeley	Amp Up Your Staff Training: Making Learning Stick	Business
10:00-11:00	Bindee Eberle	Fad Diets, Supplements and Nutrient Trends: What is Appropriate for Gymnastic Athletes?	Athlete Wellness
10:00-11:00	Paige Roth	Floor: Tumbling Basics for Future Success	Recreational
10:00-11:00	Betty Okino	Dance: From Hopes to Elite	Coaching
10:00-11:00	Derick Moellenbeck	In-Bar Circling	Coaching
10:00-11:00	Cindy Lord, Liz Crandall	NCAA Update	Technical
11:30-12:30	Frank Sahlein	Your Customer Service Culture Priorities	Business
11:30-12:30	Dr. Rob Lin	Shoulder Injury Prevention for Gymnasts	Sport Science
11:30-12:30	Paige Roth	Beam: More than Releve Walks	Recreational
11:30-12:30	Betty Okino	Artistry Makes the Difference	Coaching
11:30-12:30	Jason Vonk	Floor: Developing the Round-off Back Handspring, Back Tuck and Back Layout	Coaching
11:30-12:30	Cheryl Hamilton, Connie Maloney	What's New and Review for Level 6	Technical
2:15-3:15	Steve Cook	I Got an App for That: Gym Care, Inspecting, Maintaining and Maximizing Your Equipment	Business
2:15-3:15	Diana Lattimore	Keeping the Fire Lit	Athlete Wellness
2:15-3:15	Steve Greeley	The 11 Unbreakable Laws of Coaching	Recreational
2:15-3:15	Jill Preston	Uneven Bars: Xcel Drills and Skills	Coaching
2:15-3:15	Jason Vonk	Front and Back Twisting	Coaching
2:15-3:15	Leesa Berahovich	Xcel Judging	Technical
3:30-4:30	Annette Robert	What's In Your Backpack? Tools for Staff Management	Business
3:30-4:30	Yuka Sugiura	Faster, Stronger, Higher: Brain-Based Drills for Better Performance	Athlete Wellness
3:30-4:30	Quin Shannon	42 Bars Drills for Classes and Pre-Team	Recreational
3:30-4:30	Betty Okino	Leaps, Jumps and Turns	Coaching
3:30-4:30	Jason Vonk	Yurchenko Vaults through Flipping	Coaching
3:30-4:30	Teresa Barnard, Gigi Iavarone	Professionalism and How to Handle the What-Ifs as Meet Referee or Chief Judge	Technical

## Sunday, August 28

8:45-9:45	Katy Heddens	Identify, Nurture and Grow Great People	Business
8:45-9:45	Lisa Mitzel	“You Can Do It” isn’t nearly enough: Language that Speeds up a Gymnast’s Progress and Increases Self Esteem	Athlete Wellness
8:45-9:45	Annette Robert	Warm-Ups and Ending Activities	Recreational
8:45-9:45	Paige Roth	Vault: Preparing Compulsories for Optional Vault (Beginning Yurchenko Vaults)	Coaching
8:45-9:45	JD MacDonald	Floor: Compulsory Review	Coaching
8:45-9:45	Jill Preston	Xcel Mystery Uh-Ohs	Technical
<b>10:00-11:00</b>			
10:00-11:00	Pam Evans	Diffusing Difficult Situations with Parents	Business
10:00-11:00	Yuka Sugiura	Fixing Flexibility: Activating the Brain to Build Dynamic Mobility	Sport Science
10:00-11:00	Jeff Lulla	Curriculum Progressions, Courses & Lessons	Recreational
10:00-11:00	Kristina Williams	Equipping Your Team to Embrace Systems	Coaching
10:00-11:00	Ellie Gerber	Uneven Bars: Quality of Swing and Skill Selection	Coaching
10:00-11:00	Marilyn Bliilie, Gigi Iavarone	What’s New and Review for Level 8	Technical
<b>11:15-12:15</b>			
11:15-12:15	Cindy Scharns	Updating Your Staff Handbooks	Business
11:15-12:15	Taylor Susnara	College Recruiting for Gymnasts in Acrobatics & Tumbling + Updated USA Gym Acrobatics & Tumbling Development Program	Acrobatics & Tumbling
11:15-12:15	Pam Evans	Choreography Games to Improve Presentation	Recreational
11:15-12:15	Paige Roth	Uneven Bars: Building Blocks for Better Bars	Coaching
11:15-12:15	JD MacDonald	Beam: Compulsory Review	Coaching
11:15-12:15	Linda Fenton	Recognizing and Evaluating Artistry on Beam and Floor	Technical