

2022 Region 2 Congress Lecture Schedule

Tentative as of April 20 - Lecture Topics and Presenters Subject to Change

Saturday, August 13

8:30-9:30	Beth Gardner	Conditioning Games for Rec and Lower Level Compulsory	Coaching
8:30-9:30	Marian DeWane, Tiffany Quincy, Jeanine Henneford	Development Program Update	Women
9:45-10:45	Beth Gardner	Creating Fun Rotations for Rec and Preschool	Coaching
9:45-10:45	Mary Wright	Navigating Potential Pitfalls of Perfecting Leaps and Jumps	Coaching
9:45-10:45	Quin Shannon	Organizational Techniques for Classes	Recreational
9:45-10:45	Gigi Iavarone, Connie Maloney	What's New and Review for Level 10	Technical
11:00-12:00	Mary Wright	Secret of your Floor is Hidden in your Artistry	Coaching
11:00-12:00	Quin Shannon	Vault: the Handspring and Beyond	Coaching
11:00-12:00	Marian DeWane	Understanding Rules and Policies	Coaching
11:00-12:00	Dianne Palmer, Jeanine Henneford	Xcel Update	Women
1:15-2:15	Casey Chandler	Floor: Developing the Front Layout	Coaching
1:15-2:15	Mark Lee	Physics of Release Moves on Uneven Bars	Coaching
1:15-2:15	Beth Gardner	Special People in Our Gyms: Opening the Doors to Special Needs	Recreational
1:15-2:15	Jeanine Henneford, Gigi Iavarone	What's New and Review for Level 8	Technical
2:30-3:30	Quin Shannon	Floor: Correcting Common Tumbling Mistakes	Coaching
2:30-3:30	Casey Chandler	Hands-on Spotting	Coaching
2:30-3:30	Mary Wright	Coach's Toolbox for Success: Understanding Athlete Perfectionism	Coaching
2:30-3:30	Priscilla Hickey, Tanya Chaplin	NCAA Update	Collegiate
3:45-4:45	Mark Lee	Uneven Bars: Floor-Bar Skills for Beginners	Coaching
3:45-4:45	Brett Wargo	Compulsory Uneven Bars	Coaching
3:45-4:45	Quin Shannon	When Things Go Wrong	Coaching
3:45-4:45	Jeanine Henneford, Connie Maloney	What's New and Review for Level 6	

Sunday, August 14

8:30-9:30	Tiffany Quincy	Floor: Compulsory Floor Review	Coaching
8:30-9:30	Brett Wargo	Upper Level Bars: Timing, Patience, Technique, Progressions, and Philosophy of Skill Development	Coaching
8:30-9:30	Janell Cook	College Opportunities for Gymnasts in Acrobatics & Tumbling	Acro/Tumbling
8:30-9:30	Connie Maloney, Jeanine Henneford	What's New and Review for Level 9	Technical
9:45-10:45	Brett Wargo	How Twist Timing Affects Flipping Skills	Coaching
9:45-10:45	Sheila Lehner Brewer	Advanced Leaps and Jumps on Beam	Coaching
9:45-10:45	Casey Chandler	Round-off - Back Handspring - Back Tuck: from the Ground Up	Coaching
9:45-10:45	Dianne Palmer	Xcel Mystery Uh-Ohs	Technical
11:00-12:00	Mark Lee	Training Yurchenko Vaults	Coaching
11:00-12:00	Tiffany Quincy	Compulsory Beam Review	Coaching
11:00-12:00	Sheila Lehner Brewer	How to use the Five Principles of Dance to Help the Non-Performers Learn to Perform	Coaching
11:00-12:00	Gigi Iavarone, Connie Maloney	What's New and Review for Level 7	Technical
12:15-1:15	Sheila Lehner Brewer	Advanced Leap Progressions on Floor	Coaching
12:15-1:15	Brin Callero	Compulsory Uneven Bars Review	Coaching
12:15-1:15	Tiffany Quincy	Coaches Round Table: The Future of Region 2 Camps and Clinics	Coaching
12:15-1:15	Ann Heppner	Coming Soon	