

# 2022 Region 3 Congress Lecture Schedule

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

## Saturday, June 11

8:30-9:30	Shelba Waldron	Generation Z on Staff: Understanding, Managing, and Increasing Resiliency in your Youngest Coaches	Business
8:30-9:30	Sandi McGee	School-Age Tumbling Re-Invented	Recreational
8:30-9:30	Rich Villarreal, Marilyn Blilie, Kim Lauderdale	Development Program Update	Coaching 1
8:30-9:30	Derick Moellenbeck	Training Athletes to Push Their Own Self-Initiative	Coaching 2
9:45-10:45	Steve Cook	The Why Factor: Maintaining Your Mission, Vision, and BHAGs (Big Hairy and Audacious Goals)	Business
9:45-10:45	Sandi McGee	Beam Reinvented for Preschool & School Age	Recreational
9:45-10:45	Eric Pung	Compulsory Floor 3-5: Did You Teach It Right?	Coaching 1
9:45-10:45	Hannah Thomas	Vault: Drills to Introduce the Yurchenko Without Fear	Coaching 2
9:45-10:45	Evelyn Chandler, Connie Maloney	What's New and Review for Level 10	Technical
11:00-12:00		Coming Soon	Business
11:00-12:00	Brandi Wren	Acro is the Answer to Athlete Attrition	Acrobatics
11:00-12:00	Morgan Kuchynka, Hannah Thomas	Make the Most of Your Team Practice With These Fun Games and Creative Assignments	Coaching 1
11:00-12:00	Derick Moellenbeck	Floor: Complexes Linking All Events	Coaching 2
11:00-12:00	Marilyn Blilie, Loui Janecky	Xcel Update	Technical
1:15-2:15	Cindy Scharns, Shelba Waldron	Effective Hiring Strategies: It Starts With the Interview!	Business
1:15-2:15	Sandi McGee	22 Gym Hacks for Instructors	Recreational
1:15-2:15	Tammy Biggs	Beam: Acro/Tumbling Lead-up Drills	Coaching 1
1:15-2:15	Derick Moellenbeck	Bars: Developing In-Bar Circling	Coaching 2
1:15-2:15	Marilyn Blilie, Evelyn Chandler	What's New and Review for Level 8	Technical
2:30-3:30	Shelba Waldron	Understanding and Managing Bullying Among Athletes	Business
2:30-3:30	Sandi McGee	Atmosphere and How It Can Change Everything	Recreational
2:30-3:30	Tammy Biggs	Flexibility/Warm-up Drills	Coaching 1
2:30-3:30	Hannah Thomas	Beam: Strategies and Games to Increase Confidence for All Team Levels	Coaching 2
2:30-3:30	Sue Kane, Connie Maloney	What's New and Review for Level 7	Technical

## Saturday, June 11

3:45-4:45	Morgan Kuchynka	This is What You Should NOT Do - Lessons Learned from Mistakes Made	Business
3:45-4:45	Hannah Thomas	Themed Lesson Plans for Preschool Gymnastics	Recreational
3:45-4:45	Tammy Biggs	Turns, Jumps and Leaps	Coaching 1
3:45-4:45	Heather Ould, Loui Janecky	Pilot Program for Xcel Sapphire Division	Coaching 2
3:45-4:45	Jennifer Anderson- Malone, Bonnie Crawford	Xcel Judging: Is Xcel Really That Different?	Technical

## Sunday, June 12

8:30-9:30	Steve Cook	"I Got an App for That" - Gym Care, Inspection, Maintaining & Maximizing	Business
8:30-9:30	Christina Anderson, MS, RDM	Fueling the Growing Athlete	Athlete Wellness
8:30-9:30	Zach Crumpton	Floor: Basic Combination Tumbling - Building Blocks for Big Bonus	Coaching 1
8:30-9:30	Rich Villarreal	Vault: Compulsory and Xcel Drills	Coaching 2
8:30-9:30	Marilyn Blilie, Sue Kane	What's New and Review for Level 9	Technical
9:45-10:45	Steve Cook	Branding, Marketing & Sales - Knowing the Differences	Business
9:45-10:45	Dr. Randy Goldstein	Finally, a doctor that tells my athlete, "You DON'T have to take six weeks off AND you can continue gymnastics practice."	Sport Science
9:45-10:45	Zach Crumpton	Paks Aren't Just for Elites... Let's Learn a Pak!	Coaching 1
9:45-10:45	Jan Eyman, Rich Villarreal	Level 6 & 7 Vault: Mechanics & Technique = Score	Coaching 2
9:45-10:45	Eric Pung	Discussion on Artistry, Footwork & Posture on Beam and Floor	Technical
11:00-12:00	Dr. Randy Goldstein	5 minutes a practice to help prevent gymnastics back pain. Really? I want to know more about this!	Sport Science
11:00-12:00	Christina Anderson, MS, RDM	Nutrition + Mental Health in Gymnasts	Athlete Wellness
11:00-12:00	Eric Pung	Compulsory Beam 3-5: Did You Teach It Right?	Coaching 1
11:00-12:00	Marilyn Blilie, Evelyn Chandler	What's New and Review for Level 6	Technical
12:15-1:15	Courtney Oates, Kaelyn Cowan	College Recruiting for Gymnasts and Youth in Acrobatics & Tumbling + USA Gymnastics Acrobatics & Tumbling Development Program	Collegiate
12:15-1:15	Dr. Randy Goldstein	Short Landings and Twisted Ankles - Feel Like the Wheel of Misfortune?	Sport Science
12:15-1:15	Zach Crumpton	Building Strong, SAFE Yurchenkos	Coaching 1
12:15-1:15	Morgan Kuchynka	Bars: Building Strong Training for Bales and Double Backs	Coaching 2
12:15-1:15	Jackie Fain, Nichole Otterson	NCAA Update	Collegiate