

2022 Region 4 Congress Lecture Schedule

Tentative as of April 26 - Lecture Topics and Presenters Subject to Change

Friday, June 17

8:45-9:45	Sean Dever	Flip Your Losses! Make More Money Now!	Business
8:45-9:45	Quin Shannon	Making the Warm-Ups FUN!	Coaching
8:45-9:45	Linda Thorberg, Paige Roth, Rick Nelson	Development Program Update	Women
10:00-11:00	Sean Dever	Lower the Degree of Difficulty in your OPERATIONS!	Business
10:00-11:00	Tom Koll	School Age Kids: Dealing with Different Behaviors	Recreational
10:00-11:00	Bob Matthews	TOPs Physical Abilities Development	Coaching
10:00-11:00	Kim Fuchs	Leaps and Progressions for Combinations	Coaching
10:00-11:00	Megan Bankole, Linda Thorberg	Xcel Update	Women
11:30-12:30	Sean Dever	Employment Practices We All MUST Know!	Business
11:30-12:30	Quin Shannon	42 Floor Bar Drills for Class and Team	Coaching
11:30-12:30	Paige Roth	How to Coach at a Meet	Coaching
11:30-12:30	Tom Koll	Floor: Tumbling	Coaching
11:30-12:30	Windee Weiss	You Got This! Judging Study and Test Taking Tips	Technical
2:15-3:15	Shelba Waldron,	Understanding and Managing Bullying Between Athletes	All
2:15-3:15	Linda Thorberg	How do you Teach a Parent and Child Class?	Recreational
2:15-3:15	Windee Weiss	Compulsory Beam Review	Coaching
2:15-3:15	Kim Fuchs	Beam: Turns and Beam Routine Choreography	Coaching
2:15-3:15	Jeanine Henneford, Connie Maloney	What's New and Review for Level 6	Technical
3:30-4:30	Shelba Waldron,	Effective Hiring Strategies: It Starts With the Interview!	Business
3:30-4:30	Quin Shannon	Floor - How to Fix Common Tumbling Errors	Coaching
3:30-4:30	Tom Stevens	Compulsory Bar Development to Make Great Optional Bar Workers	Coaching
3:30-4:30	Tom Koll	Floor: Advanced Leaps and Jumps	Coaching
3:30-4:30	Evelyn Chandler, Linda Thorberg	What's New and Review for Level 10	Technical

Saturday, June 18

8:45-9:45	Bryon Hough	Gym Owning in the 2020s - Part 1	Business
8:45-9:45	Kyla Knights, Marcia DeGuire	Answer to Athlete Attrition, Scholarships, and Much More: Acrobatics Can Do It All!	Acrobatics
8:45-9:45	Megan Bankole	Xcel - How to Make the Correct Skill Choices	Coaching
8:45-9:45	Kim Fuchs	Floor Routine Choreography	Coaching
8:45-9:45	Linda Thorberg, Connie Maloney	What's New and Review for Level 9	Technical
10:00-11:00			Business
10:00-11:00	Brant Lutska	What Can I Do With This Mat?	Coaching
10:00-11:00	Page Roth, Linda Thorberg	Compulsory Tumbling: Coach/Judge Perspective	Coaching
10:00-11:00	Tom Koll	Beam: Transitions	Coaching
10:00-11:00	Megan Bankole	Xcel Judging	Technical
11:30-12:30	Bryon Hough	Gym Owning in the 2020s - Part 2	Business
11:30-12:30	Brant Lutska	Top Ideas for Preschool Students	Preschool
11:30-12:30	Bob Matthews	Fixing and Developing the Run for Vault	Coaching
11:30-12:30	Mike Heredia	Uneven Bars: Releases	Coaching
11:30-12:30	Tom Koll	Judging Artistry - What is that Deduction?	Technical
2:15-3:15	Cindy Scharns	Employee Handbooks - The Basics and the Musts	Business
2:15-3:15	Brant Lutska	Making Conditioning FUN!	Coaching
2:15-3:15	Tom Stevens	Vault: Drills for Yurchenkos	Coaching
2:15-3:15	Mike Heredia	Uneven Bars: Turning/Pirouettes	Coaching
2:15-3:15	Linda Thorberg, Connie Maloney	What's New and Review for Level 7	Technical
3:30-4:30	Megan Bankole	How to Make the Xcel Program Work in Your Business	Business
3:30-4:30	Michelle Kocan	Tramp and Tumbler Trak for Preschool/Beginners	Recreational
3:30-4:30	Tom Stevens	Uneven Bars: Groups 3, 6, 7 Skills and Drills	Coaching
3:30-4:30	Bob Matthews	TOPs Skill Development	Coaching
3:30-4:30	Tom Koll, Linda Thorberg	Compulsory Bars: Coach/Judge Perspective	Technical

Sunday, June 19

8:45-9:45	Cindy Scharns	Engaging and Motivating Your Employees	Business
8:45-9:45	Brant Lutska	Handling Difficult Situations	Coaching
8:45-9:45	Windee Weiss	Athlete Motivation	Coaching
8:45-9:45	Paige Roth	Tumbling Basics for Future Success	Coaching
8:45-9:45	Evelyn Chandler, Jeanine Henneford	What's New and Review for Level 8	Technical
10:00-11:00	Jason Orkowski	Engineering a Customer Experience to Win Hearts and Minds	Business
10:00-11:00	Michelle Kocan	Tumbling for Preschool/Beginners	Recreational
10:00-11:00	Sarah Koenig	College Opportunities for Gymnasts in Acrobatics & Tumbling	Collegiate
10:00-11:00	Paige Roth	Vault: Drills for Beginning Yurchenkos	Coaching
10:00-11:00	Larissa Libby, Robin Ruegg	NCAA Update	Technical
11:15-12:15	Jason Orkowski	Develop a Culture in Your Program that Makes People Happy (And Keeps Your Customers)	Business
11:15-12:15	Michelle Kocan	Developing Strength and Shapes by Making it FUN!	Recreational
11:15-12:15	Sarah Koenig	Collegiate and Youth Acrobatics & Tumbling	Acro/Tumbling
11:15-12:15	Larissa Libby	NCAA Recruiting	Collegiate
11:15-12:15	Judy Schalk	Let's Get a Grip: Uneven Bars Symbols Practice	Technical