

2022 Region 5 Congress Lecture Schedule

Tentative as of April 22 - Lecture Topics and Presenters Subject to Change

Friday, July 22

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| 8:45-9:45 | Michelle Kocan | Games and More to get them Strong and in the Right Shape! |
| 8:45-9:45 | Spectrum Health ATC | Taping 101: Upper Body |
| 8:45-9:45 | Tony Clarno | Reward Systems: Little Victories to Inspire and Retain |
| 8:45-9:45 | Sean Dever | Taxes: They are Flippin' Fun! |
| 8:45-9:45 | Kittia Carpenter, Sue Kane, Patrick Jordan | Development Program Update |
| 8:45-9:45 | Ashley Rosilier, Abby Rosilier | Answer to Athlete Attrition, Scholarships and More: Acrobatics Can Do It All! |
| 10:00-11:00 | Sean Dever | Flip Your Losses: Make More Money Now! |
| 10:00-11:00 | Spectrum Health ATC | Taping 101: Lower Body |
| 10:00-11:00 | Beth Gardner | Motor Learning and Development |
| 10:00-11:00 | Enrique Trabanino | Uneven Bars: Developing Release Moves |
| 10:00-11:00 | Mike Hunger | Using Trampoline More Effectively |
| 10:00-11:00 | Jane Caruso, Connie Maloney | What's New and Review for Level 8 |
| 11:30-12:30 | Sean Dever | Employment Practices We All MUST Know! |
| 11:30-12:30 | Windee Weiss | You've Got This! Studying and Testing Tips for Judges |
| 11:30-12:30 | Beth Gardner | Special People in our Gyms: Opening the Door to Special Needs |
| 11:30-12:30 | Lindsey Stancil | Developing Bars - Levels 4-7 |
| 11:30-12:30 | Mike Hunger | Basic Yurchenko Vaulting - How to Teach from the Beginning |
| 11:30-12:30 | Nancy Gibson, Sue Kane, Claudia Kretschmer | Xcel Update |
| 2:15-3:15 | Sean Dever | Lower the Degree of Difficulty - on your OPERATIONS! |
| 2:15-3:15 | Ali Havel, Stacie Fletcher | This Instead of That: How to Help your Gymnasts ACTUALLY Think Positive |
| 2:15-3:15 | Michelle Kocan | Developing Strength and Shapes by Making it FUN! |
| 2:15-3:15 | Enrique Trabanino | Uneven Bars: Shaping for Beginning Kips and Casting |
| 2:15-3:15 | Mike Hunger | Developing a Good Gym Culture, Work Ethic, and Good Character Athletes |
| 2:15-3:15 | Sue Kane, Linda Thorberg | What's New and Review for Level 10 |
| 3:30-4:30 | Steve Greeley | The Art of Leadership Communication |
| 3:30-4:30 | Ali Havel, Stacie Fletcher | Helping Gymnasts Compete with Confidence |
| 3:30-4:30 | Jennifer O'Hara | Best Skills for Preschool |
| 3:30-4:30 | Lindsey Stancil | Beam Dismount Development |
| 3:30-4:30 | Mike Hunger | Uneven Bars: Increasing your Bar Score - Quality of Basics |
| 3:30-4:30 | Kathleen Edwards | Let's Get a Grip on Uneven Bar Symbols |

Saturday, July 23

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| 8:45-9:45 | Tony Clarno | How to Find Your Coaches |
| 8:45-9:45 | Windee Weiss | Athlete Motivation |
| 8:45-9:45 | Steve Greeley | Secrets to Awesomer Rec Classes |
| 8:45-9:45 | Tom Koll | Vault: Levels 1-2 - Drills for Great Skills |
| 8:45-9:45 | Sarah Korngold | Beam: Building Beam Connections |
| 8:45-9:45 | Sue Kane, Connie Maloney, Linda Thorberg | What's New and Review for Level 6 and 7 |
| 10:00-11:00 | Jennifer O'Hara | Fearless Leadership: Developing Leaders who Understand Yesterday and are Prepared for Tomorrow |
| 10:00-11:00 | Ali Havel, Stacie Fletcher | Keeping Calm When Dealing With Difficult Gymnasts |
| 10:00-11:00 | Steve Greeley | 11 Unbreakable Laws of Coaching |
| 10:00-11:00 | Tom Koll | Floor: Level 4/5 - Are you Doing it Right? |
| 10:00-11:00 | Sarah Korngold | Beam: Active Flexibility and Side Stations |
| 10:00-11:00 | Jane Caruso, Nancy Gibson | Xcel Mystery Uh-Ohs |
| 11:30-12:30 | Beth Gardner | Understanding the Americans with Disabilities Act: Our Responsibilities |
| 11:30-12:30 | Dr. Alysia Green, MD | Be Proactive, Not Reactive: The Diagnosis and Treatment of Movement Dysfunction Prior to Injury |
| 11:30-12:30 | Jennifer O'Hara | Rockstar Teacher 2.0: Create Raving Fans, Devoted Clients, and Make a Significant Difference in the Lives of Kids |
| 11:30-12:30 | Tom Koll | Beam: Level 4/5 - Are you Doing it Right? |
| 11:30-12:30 | Sarah Korngold | Favorite Shaping and Conditioning Drills |
| 11:30-12:30 | Jane Caruso, Linda Thorberg | What's New and Review for Level 9 |
| 2:15-3:15 | Steve Greeley | Amp Up Your Staff Training: Making Learning Stick! |
| 2:15-3:15 | Dr. Alysia Green, MD | "I'm Ready to Go, Coach!" - Concussions and Safe Return to Practice and Competition |
| 2:15-3:15 | Beth Gardner | Skill Deconstruction and Lesson Planning |
| 2:15-3:15 | Tom Koll | Create a Beam and Floor Routine to Minimize Deductions |
| 2:15-3:15 | Windee Weiss | Beam & Floor Choreography: Let's Spice Things Up |
| 2:15-3:15 | Debbie Campbell | Professionalism and How to Handle the What-Ifs as a Meet Referee or Chief Judge |
| 3:30-4:30 | Tony Clarno | Ninja Classes that Fit Your Fabulous Business |
| 3:30-4:30 | Dr. Alysia Green, MD | What do I Need to Know: Tips for Preventing Injuries and Protocols for Return Post-Injury |
| 3:30-4:30 | Steve Greeley | Essential Communication Skills for Rec Instructors |
| 3:30-4:30 | Tom Koll | Beam Acro - From Handstands to Saltos |
| 3:30-4:30 | Cindy Scharns, Shelba Waldron | Effective Hiring Strategies: It Starts with the Interview! |
| 3:30-4:30 | Linda McDonald, Kerri Turner | NCAA Update |

Sunday, July 24

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| 8:45-9:45 | Shelba Waldron | Understanding and Managing Bullying Between Athletes |
| 8:45-9:45 | Ali Havel, Stacie Fletcher | Helping Your Gymnasts Overcome Fear and Doubts |
| 8:45-9:45 | Lindsey Stancil | Pre-Team Development |
| 8:45-9:45 | Rhonda Zaluckyj | Hoops, Balloons, Noodles & More - to Inspire and Retain |
| 8:45-9:45 | Jason Vonk | Floor: Double Flipping - Tucks, Pikes, Layouts |
| 8:45-9:45 | Nancy Gibson | Answers to Your FAQs about Xcel |
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| 10:00-11:00 | Shelba Waldron | Generation Z on Staff: How to Understand, Manage and Increase Resiliency in Your Youngest Coaches |
| 10:00-11:00 | Sarah Koenig, Ellen Barker | College Opportunities for Gymnasts in Acrobatics & Tumbling |
| 10:00-11:00 | Rhonda Zaluckyj | 3-Year-Olds: Control the Chaos! |
| 10:00-11:00 | Kittia Carpenter | Leaps, Jumps and Turns |
| 10:00-11:00 | Jason Vonk | Bounding Tumbling: Double Salto Passes |
| 10:00-11:00 | Kristen Fries | Internal vs. External Amplitude |
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| 11:15-12:15 | Cindy Scharns | Update Your Staff Handbooks - Q & A |
| 11:15-12:15 | Sarah Koenig, Ellen Barker | Collegiate Recruiting for Gymnasts in Acrobatics & Tumbling + Updated USA Gym Acrobatics & Tumbling Development Program |
| 11:15-12:15 | Rhonda Zaluckyj | Parent & Tot: Converting Your Already Great Stations for Your Youngest Kiddos |
| 11:15-12:15 | Claudia Kretschmer, Staff | Hands on Spotting |
| 11:15-12:15 | Jason Vonk | Front and Back Twisting |
| 11:15-12:15 | Kittia Carpenter | Compulsory Floor |