

# 2022 Region 5 Congress Lecture Schedule

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

## Friday, July 22

8:45-9:45	Beth Gardner	Understanding the Americans with Disabilities Act: Our Responsibilities	Business
8:45-9:45	Spectrum Health ATC	Taping 101: Upper Body	Sport Science
8:45-9:45	Michelle Kocan	Games and More to Get them Strong and in the Right Shape!	Coaching
8:45-9:45	Kittia Carpenter, Sue Kane, Patrick Jordan	Development Program Update	Women
8:45-9:45	Ashley Rosilier, Abby Rosilier	Answer to Athlete Attrition, Scholarships and More: Acrobatics Can Do It All!	Acrobatics
10:00-11:00	Sean Dever	Flip Your Losses: Make More Money Now!	Business
10:00-11:00	Spectrum Health ATC	Taping 101: Lower Body	Sport Science
10:00-11:00	Beth Gardner	Motor Learning and Development	Recreational
10:00-11:00	Lindsey Stancil	Pre-Team Development	Coaching
10:00-11:00	Mike Hunger	Using Trampoline More Effectively	Coaching
10:00-11:00	Jane Caruso, Connie Maloney	What's New and Review for Level 8	Technical
11:30-12:30	Sean Dever	Employment Practices We All MUST Know!	Business
11:30-12:30	Windee Weiss	You've Got This! Studying and Testing Tips for Judges	Technical
11:30-12:30	Beth Gardner	Special People in our Gyms: Opening the Door to Special Needs	Recreational
11:30-12:30	Lindsey Stancil	Developing Bars - Levels 4-7	Coaching
11:30-12:30	Mike Hunger	Basic Yurchenko Vaulting - How to Teach from the Beginning	Coaching
11:30-12:30	Nancy Gibson, Sue Kane, Heather Ould	Xcel Update	Technical
2:15-3:15	Sean Dever	Lower the Degree of Difficulty - on your OPERATIONS!	Business
2:15-3:15	Ali Havel, Stacie Fletcher	This Instead of That: How to Help your Gymnasts ACTUALLY Think Positive	Athlete Wellness
2:15-3:15	Michelle Kocan	Developing Strength and Shapes by Making it FUN!	Recreational
2:15-3:15	Beth Gardner	Skill Deconstruction and Lesson Planning	Coaching
2:15-3:15	Mike Hunger	Increasing Your Bar Score: Quality of Basics	Coaching
2:15-3:15	Sue Kane, Linda Thorberg	What's New and Review for Level 10	Technical
3:30-4:30	Steve Greeley	The Art of Leadership Communication	Business
3:30-4:30	Ali Havel, Stacie Fletcher	Helping Gymnasts Compete with Confidence	Athlete Wellness
3:30-4:30	Tony Clarno	Ninja Classes that Fit your Fabulous Business	Recreational
3:30-4:30	Lindsey Stancil	Beam Dismount Development	Coaching
3:30-4:30	Mike Hunger	Developing a Good Gym Culture, Work Ethic, and Good Character Athletes	Coaching
3:30-4:30	Kathleen Edwards	Let's Get a Grip on Uneven Bar Symbols	Technical

## Saturday, July 23

8:45-9:45	Tony Clarno	How to Find Your Coaches	Business
8:45-9:45	Windee Weiss	Athlete Motivation	Athlete Wellness
8:45-9:45	Steve Greeley	Secrets to Awesomer Rec Classes	Recreational
8:45-9:45	Tom Koll	Vault: Levels 1-2 - Drills for Great Skills	Coaching
8:45-9:45		Coming Soon	
8:45-9:45	Sue Kane, Connie Maloney, Linda Thorberg	What's New and Review for Level 6 and 7	Technical
10:00-11:00	Cindy Scharns, Shelba Waldron	Effective Hiring Strategies: It Starts With the Interview!	Business
10:00-11:00	Ali Havel, Stacie Fletcher	Keeping Calm When Dealing With Difficult Gymnasts	Athlete Wellness
10:00-11:00	Steve Greeley	11 Unbreakable Laws of Coaching	Recreational
10:00-11:00	Tom Koll	Floor: Level 4/5 - Are you Doing it Right?	Coaching
10:00-11:00	Sarah Korngold	TBD	Coaching
10:00-11:00	Jane Caruso, Nancy Gibson	Xcel Mystery Uh-Ohs	Technical
11:30-12:30	Sean Dever	Taxes - They are Flippin' Fun!	Business
11:30-12:30	Dr. Alysia Green, MD	Recognizing and Correcting Movement Dysfunction Before Injury Happens	Sport Science
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	Recreational
11:30-12:30	Tom Koll	Beam: Level 4/5 - Are you Doing it Right?	Coaching
11:30-12:30		Coming Soon	
11:30-12:30	Jane Caruso, Linda Thorberg	What's New and Review for Level 9	Technical
2:15-3:15	Steve Greeley	Amp Up Your Staff Training: Making Learning Stick!	Business
2:15-3:15	Dr. Alysia Green, MD	Medical Topic TBD	Sport Science
2:15-3:15	Jennifer O'Hara	Best Skills for Preschool	Preschool
2:15-3:15	Tom Koll	Create a Beam and Floor Routine to Minimize Deductions	Coaching
2:15-3:15	Windee Weiss	Beam & Floor Choreography: Let's Spice Things Up	Coaching
2:15-3:15	Debbie Campbell	Professionalism and How to Handle the What-Ifs as a Meet Referee or Chief Judge	Technical
3:30-4:30	Jennifer O'Hara	Fearless Leadership: Developing Leaders Who Understand Yesterday and are Prepared for Tomorrow	Business
3:30-4:30	Dr. Alysia Green, MD	Injury Prevention (topic TBD)	Sport Science
3:30-4:30	Steve Greeley	Essential Communication Skills for Rec Instructors	Recreational
3:30-4:30	Tom Koll	Beam Acro - From Handstands to Saltos	Coaching
3:30-4:30		Coming Soon	
3:30-4:30	Linda McDonald,	NCAA Update	Technical

## Sunday, July 24

8:45-9:45	Shelba Waldron	Understanding and Managing Bullying Between Athletes	Business
8:45-9:45	Ali Havel, Stacie Fletcher	Helping Your Gymnasts Overcome Fear and Doubts	Athlete Wellness
8:45-9:45	Tony Clarno	Reward Systems: Little Victories to Inspire and Retain	Recreational
8:45-9:45	Rhonda Zaluckyj	Hoops, Balloons, Noodles & More - to Inspire and Retain	Coaching
8:45-9:45	Jason Vonk	Floor: Double Flipping - Tucks, Pikes, Layouts	Coaching
8:45-9:45	Nancy Gibson	Answers to Your FAQs about Xcel	Technical
10:00-11:00	Shelba Waldron	Generation Z on Staff: How to Understand, Manage and Increase Resiliency in Your Youngest Coaches	Business
10:00-11:00	Sarah Koenig, Ellen Barker	College Opportunities for Gymnasts in Acrobatics & Tumbling	Collegiate
10:00-11:00	Rhonda Zaluckyj	3-Year-Olds: Control the Chaos!	Preschool
10:00-11:00	Kittia Carpenter	Beam Acro	Coaching
10:00-11:00	Jason Vonk	Bounding Tumbling: Double Salto Passes	Coaching
10:00-11:00	Kristen Fries	Internal vs. External Amplitude	Technical
11:15-12:15	Cindy Scharns	Update Your Staff Handbooks - Q & A	Business
11:15-12:15	Sarah Koenig, Ellen Barker	Collegiate Acrobatics & Tumbling Format and Recruitment	Collegiate
11:15-12:15	Rhonda Zaluckyj	Parent & Tot: Converting Your Already Great Stations for Your Youngest Kiddos	Preschool
11:15-12:15	TBD	Hands on Spotting	Coaching
11:15-12:15	Jason Vonk	Front and Back Twisting	Coaching
11:15-12:15	Kittia Carpenter	Compulsory Floor	Technical