

# 2022 Region 6 Congress Lecture Schedule

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

## Friday, August 5

8:45-9:45	Sean Dever	Flip Your Losses - Make More Money Now!	Business
8:45-9:45	Dr. Alison Arnold	Neuroscience of Fear: Simple Tools to Tame the Beast	Athlete Wellness
8:45-9:45	Paige Roth	More than Relevé Walks: School-Age Beam	Recreational
8:45-9:45	Tom Koll	Level 5 Floor: Did You Teach it Correctly?	Coaching
8:45-9:45	Tom Forster	The language of Coaching	Coaching
8:45-9:45	Gail Caspare Heather Ould	Xcel Update	Technical
10:00-11:00	Sean Dever	Taxes - They are Flippin' Fun!	Business
10:00-11:00	Dr. Alison Arnold	Building Champions through Character	Athlete Wellness
10:00-11:00	Paige Roth	School-Age: Tumbling Basics for Future Success	Recreational
10:00-11:00	Tom Koll	Level 5 Beam: Did You Teach it Correctly?	Coaching
10:00-11:00	Tom Forster	Science of Movement for Uneven Bars	Coaching
10:00-11:00	Connie Maloney Evelyn Chandler	What's New and Review for Level 7	Technical
11:30-12:30	Steve Greeley	Creating Your Annual Marketing Plan	Business
11:30-12:30	Dr. Elly Hart	Knee Injuries and Prevention	Sport Science
11:30-12:30	Tom Koll	School-Age: Dealing with Different Behaviors	Recreational
11:30-12:30	Marlyce Morace	Hands-on Spotting: School-Age	Recreational
11:30-12:30	Jamie Winkler	Development Program Update	Women
11:30-12:30	Gail Caspare Jane Caruso	Xcel Coaches Guide to Judging	Women
2:15-3:15	Tom Koll	Holding Your Staff Accountable	Business
2:15-3:15	Dr. Alison Arnold	Forge your Habit to Hit	Athlete Wellness
2:15-3:15	Steve Greeley	The Secrets to Awesome Rec Classes!	Recreational
2:15-3:15	Nicole Langevin	Beam: Rhythm, Dynamics and Artistry	Coaching
2:15-3:15	Tom Forster	Teaching Twisting from the Beginning	Coaching
2:15-3:15	Jane Caruso Pat Panichas	What's New and Review for Level 9	Technical
3:30-4:30	Shelba Waldron	Understanding and Managing Bullying Between Athletes	All
3:30-4:30	Dr. Alison Arnold	Adversity as Fuel: How to Lean into the Next Hard Thing	Athlete Wellness
3:30-4:30	Steve Greeley	Essential Communication Skills for Rec Instructors	Recreational
3:30-4:30	Tom Forster	Uneven Bars: Drills for Xcel to Level 9	Coaching
3:30-4:30	Paige Roth	Beginning Yurchenko Vaults	Coaching
3:30-4:30	Evelyn Chandler Pat Panichas	What's New and Review for Level 10	Technical

## Saturday, August 6

8:45-9:45	Steve Greeley	Amp Up Your Staff Training	Business
8:45-9:45	Brian Pickard	Core Training Progressions	Sport Science
8:45-9:45	Paige Roth	School-Age: Fun and Progressive Vault Drills	Recreational
8:45-9:45	Tom Koll	Level 4 Floor: Did You Teach it Correctly?	Coaching
8:45-9:45	Steve Arkell	Common Traits of Great Vaults	Coaching
8:45-9:45	Maria DeCristoforo	Beam Connections & Series: the Good, the Rhythmic, and the Broken	Technical
10:00-11:00	Sean Dever	Employment Practices We All MUST Know	Business
10:00-11:00	Brian Pickard	Functional Fitness Circuits	Sport Science
10:00-11:00	Annette Robert	Let's Prop it Up!	Recreational
10:00-11:00	Tom Koll	Level 4 Beam: Did You Teach it Correctly?	Coaching
10:00-11:00	Steve Arkell	Uneven Bars: Developmental Progressions	Coaching
10:00-11:00	Jane Caruso Evelyn Chandler	What's New and Review for Level 8	Technical
11:30-12:30	Steve Greeley	The Art of Leadership Communication	Business
11:30-12:30	Dr. Elly Hart	Back Pain and Prevention	Sport Science
11:30-12:30	Annette Robert	Uneven Bars: Drills for your Classes	Recreational
11:30-12:30	Marlyce Morace	Hands-on Spotting: Intermediate	Coaching
11:30-12:30	Nicole Langevin	Choreographed Warm-ups: Your One-Stop Shop	Coaching
11:30-12:30	Steve Arkell Pat Panichas	Uneven Bars Skills: Good/Better/Best - a Coach and Judge Perspective	Women
2:15-3:15	Sean Dever	Lower the Degree of Difficulty in your OPERATIONS!	Business
2:15-3:15	Shira Lewis	How Physical Therapy Can Solve Common Gymnastics Errors	Sport Science
2:15-3:15	Paige Roth	Games! Games! Games!	Recreational
2:15-3:15	Tom Koll	Level 3 Floor Exercise	Coaching
2:15-3:15	Steve Arkell	How to Create a Positive Work Culture	Coaching
2:15-3:15	Lois Colburn Randy Lane	NCAA Update	Collegiate
3:30-4:30	Shelba Waldron	Generation Z on Staff: Understanding, Managing, and Increasing Resiliency in your Youngest Coaches	Business
3:30-4:30	Ariana LeBlanc	Helping Your Gymnast Reach Peak Performance	Athlete Wellness
3:30-4:30	Annette Robert	Lesson Plans	Recreational
3:30-4:30	Tom Koll	Level 3 Balance Beam	Coaching
3:30-4:30	Nicole Langevin	Dear Coaches, Here's 0.8 Back	Coaching
3:30-4:30	Gail Caspare	Xcel Mystery Uh-Ohs	Technical

## Sunday, August 7

8:45-9:45	Shelba Waldron Cindy Scharns	Effective Hiring Strategies: It Starts with the Interview!	Business
8:45-9:45	Dr. Elly Hart	OCD of the Elbow, Knee and Ankle	Sport Science
8:45-9:45	Annette Robert	Warm-ups and Ending Activities	Recreational
8:45-9:45	Chad Buczek	Hands-on Spotting: Uneven Bars - Circles and Flyaways	Coaching
8:45-9:45	Jamie Winkler	Keeping Your Team Kids in the Gym	Coaching
8:45-9:45	Evelyn Chandler Connie Maloney	What's New and Review for Level 6	Technical
10:00-11:00	Annette Robert	What's in your Backpack? Tools for Staff Management	Business
10:00-11:00	Shira Lewis	Safe Back Flexibility	Sport Science
10:00-11:00	Tom Kovic	NCAA College Recruiting	Collegiate
10:00-11:00	Nicole Langevin	Leaps: Switch-Sides, Switch-Halves, and More!	Coaching
10:00-11:00	Steve Arkell	Tumbling Progressions	Coaching
10:00-11:00	Jane Caruso, Gail Caspare Heather Ould	Xcel Pilot Program: The Sapphire Division	Womena
11:15-12:15	Cindy Scharns	Update your Employee Handbooks	Business
11:15-12:15	Dr. Elly Hart	Medical Coverage at Competition: Everything You Need to Know	Sport Science
11:15-12:15	Chevonne White Jenna Adams	College Recruiting for Gymnasts in Acrobatics & Tumbling + Updated USA Gymnastics Acrobatics & Tumbling Development Program	Acrobatics & Tumbling
11:15-12:15	Chad Buczek	Kips: Drills and Skills	Coaching
11:15-12:15	Marlyce Morace	Progressions for Basic Beam Dance Elements	Coaching
11:15-12:15	Nicole Langevin	How NOT to get Rhythm, Dynamics and Artistry Deductions	Coaching