

2022 Region 7 Congress Lecture Schedule

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

Friday, June 24

8:45-9:45	Tom Koll	Dealing with Parents: Keeping them Informed	Business
8:45-9:45	Jori Oczkowicz	Breaking Down the Back Handspring	Coaching
8:45-9:45	Annette Robert	Warm-Ups and Ending Activities	Coaching
8:45-9:45	Linda Johnson, Jane Caruso, Jen Bortz	Development Program Update	Women
10:00-11:00	Cindy Scharns	Effective Hiring Strategies: It Starts with the Interview!	Business
10:00-11:00	Brant Lutska	What Can I Do With This Mat?	Recreational
10:00-11:00	Jen Skorski, Jane Caruso, Heather Ould	Xcel Update	Women
10:00-11:00	Mary Wright	Coach's Toolbox for Success: Understanding Athlete Perfectionism	Coaching
10:00-11:00	Cheryl Hamilton, Gigi Iavarone	What's New and Review for Level 10	Technical
11:30-12:30	Steve Cook	Branding, Marketing & Sales: Knowing the Differences	Business
11:30-12:30	Steve Greeley	The Secrets to Awesome Rec Classes	Recreational
11:30-12:30	Tom Koll	Uneven Bars: Levels 1-2 & Xcel Bronze & Silver - Drills for Great Skills	Coaching
11:30-12:30	Mary Wright	Training Strategies to Improve an Athlete's Balance Beam Routine Characteristics	Coaching
11:30-12:30	Heather Ould, Jane Caruso, Jen Skorski	Pilot Program for Xcel Sapphire Division	Women
2:15-3:15	Steve Greeley	The Art of Leadership Communication	Business
2:15-3:15	Lauren Kramer	Building Medical/Safety Champions	Athlete Wellness
2:15-3:15	Tom Koll	Vault: Levels 1-2 & Xcel - Drills for Great Skills	Coaching
2:15-3:15	Mary Wright	The Athlete's Golden Few: Athlete's Voice Using Goal Setting and Journaling	Coaching
2:15-3:15	Linda Thorberg, Connie Maloney	What's New and Review for Level 7	Technical
3:30-4:30	Steve Greeley	Amp Up Your Staff Training: Making Learning Stick	Business
3:30-4:30	Brant Lutska	Making Conditioning Fun for Classes!	Recreational
3:30-4:30	Tom Koll	Beam: Tumbling Progressions	Coaching
3:30-4:30	Mary Wright	The Pitfalls of Leaps Addressing Technical and Artistic Execution HOW to do the WHAT	Coaching
3:30-4:30	Margie Cunningham, Deb Yohman	NCAA Update	Technical

Saturday, June 25

8:45-9:45	Sean Dever	Lower the Degree of Difficulty on your OPERATIONS!	Business
8:45-9:45	Heather Dubin	Working with Parents to Support Healthy Eating for their Athletes	Athlete Wellness
8:45-9:45	Annette Robert	Hands on Spotting	Coaching
8:45-9:45	Tony Gehman	From Tap Swing to Double Layout	Coaching
8:45-9:45	Jane Caruso, Linda Thorberg	What's New and Review for Level 9	Technical
10:00-11:00	Cindy Scharns	Understanding and Managing Bullying Between Athletes	Business
10:00-11:00	Lauren Kramer	Taping 101: Upper Body	Sport Science
10:00-11:00	Linda Johnson	Level 1-3 Beam and Floor: Did I Learn These Correctly?	Women
10:00-11:00	Tony Gehman	Planning Your Season	Coaching
10:00-11:00	Cheryl Hamilton, Connie Maloney	What's New and Review for Level 6	Technical
11:30-12:30	Sean Dever	Flip Your Losses! Make More Money Now!	Business
11:30-12:30	Annette Robert	Lets Prop it Up!	Recreational
11:30-12:30	Linda Johnson	Leaps, Jumps and Turns	Coaching
11:30-12:30	Tony Gehman	Yurchenko Layouts and Beyond	Coaching
11:30-12:30	Mary Blitz, Linda Ostrove	Let's Get a Grip on Uneven Bars Shorthand	Technical
2:15-3:15	Sean Dever	Employment Practices We All MUST Know!	Business
2:15-3:15	Lauren Kramer	Taping 101: How to Tape	Sport Science
2:15-3:15	Jason Mortimer	Uneven Bars: Kip Drills and Progressions	Coaching
2:15-3:15	Tony Gehman	Big Air, Big Finish on Floor	Coaching
2:15-3:15	Jane Caruso, Gigi Iavarone	What's New and Review for Level 8	Technical
3:30-4:30	Annette Robert	What's In Your Backpack? Tools for Staff Management	Business
3:30-4:30	Linda Thorberg	Class Management	Recreational
3:30-4:30	Linda Johnson	Level 4 and 5 Floor: Did I Learn These Correctly?	Women
3:30-4:30	Zach Crumpton	Paks Aren't Just For Elites - Let's Learn a Pak!	Coaching
3:30-4:30	Myra Elfenbein, Tony Gehman	Good-Better-Best: Seeing & Quantifying the Difference	Technical

Sunday, June 26

8:45-9:45	Annette Robert	Beam is NOT Boring!	Recreational
8:45-9:45	Cindy Scharns	Update Your Employee Handbooks	Business
8:45-9:45	Joy Umenhofer Stovall	Preschool and School Age - Trampoline Foundations	Recreational
8:45-9:45	Zach Crumpton	Building Strong, SAFE Yurchenkos	Coaching
8:45-9:45	Linda Johnson	Don't Sweat the Small Stuff - Judging Compulsories	Technical
10:00-11:00	Steve Cook	I Have an App for That: Gym Care, Inspecting, Maintaining Your Equipment	Business
10:00-11:00	Lauren Kramer	Taping 101: Lower Body	Sport Science
10:00-11:00	Joy Umenhofer Stovall	Teaching Flipping and Flipping With Twists: Understanding How it Relates to All Events	Coaching
10:00-11:00	Zach Crumpton	Floor: Basic Combination Tumbling - Building Blocks for Big Bonus	Coaching
10:00-11:00	Jane Caruso, Jen Skorski	Xcel Mystery Uh-Ohs	Technical
11:15-12:15	Heather Dubin	Eating to Heal	Athlete Wellness
11:15-12:15	Karah Naples, Katie Nunley	College Opportunities for Gymnasts in Acrobatics & Tumbling	Collegiate
11:15-12:15	Joy Umenhofer Stovall	Teaching Doubles and Twisting Doubles: Progressions From Basics Make For Quick, Successful Coaching	Coaching
11:15-12:15	Linda Johnson	Level 4-5 Beam: Did I Learn These Correctly?	Coaching
11:15-12:15	Myra Elfenbein	The Art of Being a Great Chief Judge or Meet Referee and What If?	Technical