

Friday - Sept. 23, 2011

Region 5 Congress Schedule

(updated 8/12)

Times	Coaching	Business	Preschool / Recreational	Women's Officials	Coaching / Business	T&T / Xcel (prep opt)
	Indiana A-D	Utah	Michigan/Texas	Indiana F-G	Florida/Illinois	Colorado
9:00 – 10:00	Char Christensen Connie Maloney JO Update for 2011-12	Patti Komara Growth Strategies for Any Size Business	Brant Lutska Oh Baby 2	Char Christensen Connie Maloney JO Update for 2011-12 Go to Indiana A-D	Char Christensen Connie Maloney JO Update for 2011-12 Go to Indiana A-D	How to start a T&T program in your gym
10:15 – 11:15	Tom Forster Level 5 & 6 Uneven Bars Training Plan	Gary Gantz Front Office Success Essentials	Brant Lutska Linda Thorberg Move to the Music	Connie Maloney WTC Core - Beam Acro	Kittia Carpenter Starting a TOPs Program	Using trampoline to develop your athletes- air awareness, rotation, and twisting
11:15 – 11:45	BREAK					
11:45 – 12:45	Enrique Trabanino Building Leg Power for Gymnastics	Jeff Metzger Things I Used to Know 'That Just Weren't So'	Brant Lutska Vault, TT, and Tramp for Preschool and Rec	Char Christensen Tom Forster WTC Core - Floor Acro	Cheryl Jarrett Lynn Moskovitz USA Gymnastics University Education Unveiled	Ready To Fly Start your own T&T Competitive Team
12:45 – 2:00	LUNCH (Raffle 12:40 - 12:50 pm in Vendor's Area)					
2:00 – 3:00	Enrique Trabanino Front and Back Tumbling	Jeff Metzger Cultural Indoctrination The Kids First Way: A Mock Level 2 Training	Randy Parrish Tumbling for Recreational Classes	Connie Maloney WTC Core - Bar Casts, Circles, and Pirouettes	Jim Jarrett Lynn Moskovitz Coaches' Round Table	Put the power in your tumbling - drills and combos to maximize performance
3:15 – 4:15	Tom Forster Teaching Uneven Bar "D" Releases	Jeff Metzger Hiring Right: You Can't Build a Great Business with Mediocre Employees	Brant Lutska Active Participation	Char Christensen WTC Core - Beam Mounts and Dismounts	Cheryl Jarrett Level 5 & 6 Compulsory Floor - Are you still doing it right?	Claudia Kretschmer How to get a Xcel (prep opt) Program Started
4:30 – 5:30	Tom Forster Multiple Methods For Teaching In Bar Elements	Jeff Metzger Entity Structure: Hiring vs Subcontracting vs Leasing	Randy Parrish Warm Ups for Classes	Kittia Carpenter Optional Practice Judging - Beam	Cheryl Jarrett Compulsory drills to build other skills	Claudia Kretschmer Xcel (prep opt) Rules and Guidelines Updates

REGION 5 AUCTION & RECEPTION
6:30 – 8:00 pm in the Circle City Bar and Grille Restaurant

Saturday - Sept. 24, 2011

Region 5 Congress Schedule

Times	Coaching	Business	Preschool / Recreational	Women's Officials	Psychology / Women's Officials	Men's Discipline
	Indiana A-D	Utah	Michigan/Texas	Indiana F-G	Florida/Illinois	Colorado
9:00 – 10:00	Enrique Trabanino Advanced Bar Dismount	Dave Holcomb New Marketing: How Groupon, Twitter, Facebook and other social media can help attract families to your gym.	Linda Thorberg 50 Great Rules for Preschool and Recreational	Tom Koll Present and Future Compulsory Updates	Alison Arnold Shocks, Stops, Balks, and Blocks. 10 crazy solutions for fear before you go crazy	Men
10:15 – 11:15	Cheryl Jarrett Tom Koll 2013 Compulsory Preview	Dave Holcomb New Programs: Ideas for new programs to help get and keep those new families once they find you.	Patti Komara Dirty Dozen Mistakes Teachers Make (and How to Correct Them)	Char Christensen WTC Core - Floor Exercise Dance	Alison Arnold Being a Healthy Coach: Keeping yourself in one piece when you're being pulled in all directions	Men
11:15 – 11:45	BREAK					
11:45 – 12:45	Tom Forster Tumbling - Teaching Twisting From The Start	Rachel Brazo Preventing Sexual Misconduct	Linda Thorberg Getting Comfortable with Parent and Child Class	Sandy Oldham Optional Practice Judging Bars	Tom Koll Balance Beam – Conquering fears with no more tears	Men
12:45 – 2:00	LUNCH (Raffle 12:40 - 12:50 pm in Vendor's Area)					
2:00 – 3:00	Tom Forster Level 7 & 8 Uneven Bars Training Plan	Dave Holcomb New Thinking: Ways to make your gym easy to do business with.	Tom Koll Levels 1-3 Those are my kids Vault and Bars	Connie Maloney WTC Core - Beam Dance	Alison Arnold The Type A Gymnast How to deal with power, promise, and perfectionism	Men
3:15 – 4:15	Enrique Trabanino Yurchenko Development and Progressions	Dave Holcomb Gymnastics Business Basics: What You Should Have Known Before You Ever Opened and What You Can Do Now To Catch Up.	Tom Koll Levels 1-3 Beam and Floor	Char Christensen WTC Core - Bar Mounts and Dismounts	Alison Arnold Facebooking Flippers and Twittering Twisters. The Ins and Outs of Social Media and gymnastics.	Men
4:30 – 5:30	Tom Koll Stylization vs. Text Level 5 Floor Exercise	Steve Greeley Organizing Staff Clinics	Linda Thorberg Props with a Purpose	Connie Maloney Tom Forster WTC Core - Bar Releases	Judy Dobransky Optional Practice Judging Floor	Men

REGION 5 BANQUET

6:30 – 7:30 pm Cocktail Hour at Circle City Bar and Grille Restaurant

7:30 pm Banquet in Indiana F & G Ballroom

Sunday - Sept. 25, 2011

Region 5 Congress Schedule

Times	Coaching	Business	Preschool / Recreational	Women's Officials	Men's Discipline
	Indiana A-D	Florida/Illinois	Michigan/Texas	Indiana F-G	Colorado
9:00 – 10:00	Kittia Carpenter Spice It Up! Beam and Floor Leaps, Jumps, and Turns	Steve Greeley Staff Manuals: the Hows and Whys (part 1)	Linda Thorberg Bars and Beam for Preschool and Recreational	Donna Trevethan NCAA Collegiate Judging Updates	Men
10:15 – 11:15	Kittia Carpenter Acro Beam Drills and Connections	Steve Greeley Staff Manuals: the Hows and Whys (part 2)	Linda Thorberg Round Table	Hilary Carlson Optional Practice Judging Vault	Men
11:30 – 12:30	Jim Jarrott Handspring Development and Progressions	Steve Greeley Managing Staff Through Systems	Rhonda Zaluckyj Hundreds of Preschool Teaching Stations	Nancy Gibson Xcel Updates (Prep Opt)	Men

ADD-ON COURSES

<u>DATE</u>	<u>TIME</u>	<u>COURSE</u>	<u>INSTRUCTOR</u>	<u>ROOM/LOCATION</u>
Thurs., Sept. 22	5:00 - 9:00 pm	Risk Management/Safety Certification	Edgar Pulido	
Sun., Sept. 25	1:00 pm	Judges Exam	Connie Maloney	
Sun., Sept. 25	1:30 - 5:30 pm	R102 Preschool Fundamentals: Hands on Training (HOT)	Linda Thorberg	
Sun. Sept. 25	1:30 - 7:30 pm	W200 Development Coaches Course: Hands on Training (HOTD)	Claudia Krestchemer	Sportastiks Gymnastics