

Friday - Sept. 23, 2011

Region 5 Congress Schedule

(updated 9/1)

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 Children Under 2 What Do You Do?	Char Christensen Connie Maloney JO Update For 2011-12 <u>Go to Indiana A-D</u>	Char Christensen Connie Maloney JO Update For 2011-12 <u>Go to Indiana A-D</u>	Susan Jacobson How To Start A T&T Program In Your Gym
10:15 – 11:15	Tom Forster Levels 5 & 6 Uneven Bars Training Plan	Rachel Brazo Preventing Sexual Misconduct	Brant Lutska Linda Thorberg Move To The Music	Connie Maloney WTC Core - Beam Acro	Kittia Carpenter Starting A TOP's Program	Chrissy LaFollette Using Trampoline To Develop Your Athletes
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 Vaulting, Tumbl Trak, And Trampoline For Preschool	Char Christensen Tom Forster WTC Core - Floor Acro	Cheryl Jarrett Lynn Moskovitz USA Gymnastics University Overview	Susan Jacobson 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"	Randy Parrish Tumbling For Recreational Classes	Connie Maloney WTC Core - Bar Casts, Circles, and Pirouettes	Jim Jarrett Lynn Moskovitz Coaches' Round Table	Pete Roberts Put The Power In Your Tumbling
3:15 – 4:15	Tom Forster Teaching Uneven Bar "D" Releases	Jeff Metzger How To Hire The RIGHT Employees	Brant Lutska Active Participation	Char Christensen WTC Core - Beam Mounts And Dismounts	Cheryl Jarrett Levels 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 Drills 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 / Preschool
	Indiana A-D	Utah	Michigan/Texas	Indiana F-G	Florida/Illinois	Colorado
9:00 – 10:00	Enrique Trabanino Advanced Bar Dismounts	Dave Holcomb How Gorilla Marketing And Social Media Can Help Attract Families To Your Gym	Linda Thorberg 50 Great Rules For Teaching Preschool Gymnastics	Tom Koll Present And Future Compulsory Updates	Alison Arnold Shocks, Stops, Balks, And Blocks: 10 Crazy Solutions For Fear	Chad Ford How To Begin And Build A Recreational Program
10:15 – 11:15	Cheryl Jarrett Tom Koll 2013 Compulsory Preview	Dave Holcomb Programs To Help Get And Keep Kids In Your Gym	Patti Komara The Dirty Dozen: Mistakes Teachers Make	Char Christensen WTC Core - Floor Exercise Dance	Alison Arnold Being A Healthy Coach	Gene Watson How to Hit A Pommel Horse Routine
11:15 – 11:45	BREAK					
11:45 – 12:45	Tom Forster Tumbling - Teaching Twisting From The Start	Gary Gantz Front Office Success Essentials	Linda Thorberg Parent Child Classes: Start Confidently	Sandy Oldham Optional Practice Judging Bars	Tom Koll Balance Beam - Conquering Fears With No More Tears	Gene Watson Long Hang Swing On Parallel Bars
12:45 – 2:00	LUNCH (Raffle 12:40 - 12:50 pm in Vendor's Area)					
2:00 – 3:00	Tom Forster Levels 7 & 8 Uneven Bars Training Plan	Dave Holcomb 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	Chad Ford How to Build A Large And Successful Team Program
3:15 – 4:15	Enrique Trabanino Yurchenko Development and Progressions	Dave Holcomb What You Should Have Known Before You Ever Opened Your Gym	Tom Koll Levels 1-3 Beam And Floor	Char Christensen WTC Core - Bar Mounts And Dismounts	Alison Arnold The Potential And Pitfalls Of Social Networking In The Gym	Patti Komara Hundreds Of Preschool Teaching Stations
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	Rhonda Zaluckyj Preschool Bars And Beam

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	Linda Thorberg Activities For Preschool On Bars And Beam	Donna Trevethan NCAA Collegiate Judging Updates	Gene Watson High Bar Jams
10:15 – 11:15	Kittia Carpenter Acro Beam Drills And Connections	Steve Greeley Managing Staff Through Systems	Linda Thorberg Round Table: Discuss Issues That Will Help Your Pre/Rec. Program	Hilary Carlson Optional Practice Judging Vault	Juha Tanskanen 2012/2016 JO Program Update
11:30 – 12:30	Jim Jarrett Handspring Development And Progressions	Gary Gantz Business Owners Career Progressions	Steve Greeley Keeping Kids Attention	Nancy Gibson Xcel Updates (Prep Opt)	Juha Tanskanen Update On The New Technical Sequences For Division 1

ADD-ON COURSES

<u>DATE</u>	<u>TIME</u>	<u>COURSE</u>	<u>INSTRUCTOR</u>	<u>ROOM/LOCATION</u>
Thursday, Sept. 22	5:00 - 9:00 pm	Risk Management/Safety Certification	Edgar Pulido	
Sunday, Sept. 25	1:00 pm	Judges Exam	Connie Maloney	
Sunday, Sept. 25	1:30 - 5:30 pm	R102 Preschool Fundamentals: Hands on Training (HOT)	Linda Thorberg	
Sunday, Sept. 25	1:30 - 8:00 pm	W200 "NEW" Development Coaches Course: Hands on Training (HOTD)	Claudia Krestchemer	Sportastiks Gymnastics 8320 E. Brookville Rd. Indianapolis, IN 46239