



USA GYMNASTICS.

2016 Congress Schedule – September 16<sup>th</sup> – 18<sup>th</sup>

Registration: 7:30 am

REGION



\*TENTATIVE SCHEDULE – SUBJECT TO CHANGE

✓ Designated for CPE Credit

TIMES	Recreational	Business	Sports Science	✓ Coaching	✓ Coaching	✓ Technical
<b>FRIDAY</b>	Grand Gallery Overlook GH	Grand Gallery CD	Grand Gallery EF	Ballroom C	Ballroom D	Grand Gallery AB
<b>9:00 – 10:00</b>	<b>Patti Komara</b> Be a Super Teacher	<b>Kathie Klages</b> Understanding College Recruiting	<b>Eddie O'Connor, Ph. D</b> Overcome Fear and Negative Thinking	<b>Connie Maloney, Annie Heffernon, Kittia Carpenter</b> JO Update- Ballroom D		
<b>10:15 – 11:15</b>	<b>Beth Gardner</b> Random Bag of Tricks: Thinking Out of the Box	<b>Kim Riley</b> TOPS Testing	<b>Eddie O'Connor, Ph. D</b> A Coach's Guide To Imagery	<b>Tom Koll</b> Create a Beam and Floor Routine to Minimize Deductions	<b>Todd Gardiner</b> Let's Continue to Make Our Country Strong on Vault	<b>Linda Thorberg</b> Level 9 Composition
<b>11:15 – 11:45</b>	<b>Break! – Don't Forget to Check Out the Exhibit Hall/ Grand and River Overlook Hallway</b>					
<b>11:45 – 12:45</b>	<b>Michelle Kocan</b> <b>James Parent</b> Handstand Basics: Recreation and Preschool	<b>Patti Komara</b> Hiring Staff Made Easy	<b>David Tilley Ph. D</b> A Coaches' Guide To Back Pain and Optimal Core Performance	<b>Tom Koll</b> Drills for Skills Level 4/5 BB	<b>Tammy Biggs</b> Flexibility	<b>Connie Maloney</b> Practice Judging L4/5 Vault
<b>12:45 – 2:00</b>	<b>Enjoy Your Lunch!!</b>					
<b>2:00 – 3:00</b>	<b>Beth Gardner</b> Preschool to Recreational Vault	<b>Loree Galimore</b> Safe Sport	<b>Eddie O'Connor, Ph. D</b> Enhancing a Successful Return From Injury	<b>Tom Koll</b> Level 3 BB/ FX	<b>Todd Gardiner</b> Trampoline for all Events	<b>Judy Dobransky</b> Practice Judging Level 9/10 Beam
<b>3:15 – 4:15</b>	<b>Patti Komara</b> Teaching Gymnastics A to Z	<b>Andy Gillham Ph. D</b> Improving Coach-to-Parent Interactions	<b>David Tilley Ph. D</b> A Coaches' Guide To Shoulder Pain and Optimal Overhead Performance	<b>Tammy Biggs</b> Beam Series	<b>Todd Gardiner</b> Drills and Shaping	<b>Connie Maloney &amp; Tom Koll</b> L3-5 FX – Comparing Major Elements
<b>4:30 – 5:30</b>	<b>Jennifer O'Hara</b> Breaking It Down	<b>Andy Gillham Ph. D</b> Systematic Goal -Setting for Coaches and Athletes	<b>David Tilley Ph. D</b> Preventing Lower Body Injuries and Optimizing Leg Power	<b>Tom Koll</b> Stylization vs Text FX Level 3-5	<b>Tammy Biggs</b> Beam Dance	<b>Linda Thorberg</b> Practice Judging L7 UB/BB/FX

Region 5 Reception and Trivia Night- Register your team 7:00-9:00pm **Amyway Hotel Ambassador East** (Raffle & LIVE auction)



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<b>NGD SATURDAY</b>	Grand Gallery Overlook GH	Grand Gallery CD	Grand Gallery EF	Ballroom C	Ballroom D	Grand Gallery AB
8:30-10:00				<b>Todd Gardiner, Mary Lee Tracy, John Geddert, Dave Marus</b> Development of JO National Athlete: <b>Culture and Philosophy</b>		
9:00 – 10:00	<b>Beth Gardner</b> Chapter 2: Understanding the Pre-school Child	<b>David Cole</b> Your Business...YOUR PASSION?	<b>Dr. Mathew Axtman</b> Concussions		<b>Kittia Carpenter</b> Leaps and Turns – "A - E"	<b>Linda Thorberg</b> Levels 9/10 Bar Connection Bonus
10:15 – 11:15	<b>Linda Thorberg</b> Teach the Teacher	<b>Andy Gillham Ph. D</b> Improving Coach to Athlete Achievement Motivations	<b>David Tilley Ph. D</b> Making Flexibility Changes "Stick" and Transfer To Skills	<b>Claudia Kretschmer</b> Time Management Of Your Xcel Practice	<b>Annie Heffernon</b> Routine Construction for Dummies	<b>Connie Maloney</b> Practice Judging L6 UB/BB/FX
11:15 – 11:45	<b>Break! – Don't Forget to Check Out the Exhibit Hall!!</b>					
11:45 – 12:45	<b>Linda Thorberg</b> Parent and Tot	<b>Cassie Rice</b> Staff – Your Most Important Asset	<b>Ed Nyman Ph. D</b> Smarter Landings = Safer Landings	<b>Mary Lee Tracy</b> How to Train: Consistency and Confidence	<b>John Geddert</b> Yurchenko Vaulting A to Z	<b>Claudia Kretschmer</b> <b>Nancy Gibson</b> Xcel Update and FA
12:45 – 2:00	<b>Enjoy Your Lunch!!</b> Member Club Business Luncheon (Registration Required)					
2:00 – 3:00	<b>Beth Gardner</b> So You're Coaching Boys- a Survival Guide	<b>Cassie Rice</b> Avoid Crisis Management Through Office Systemizing	<b>Dr. Kacey Oieness</b> Helping Gymnasts Cope With Injury	<b>John Geddert</b> Levels 3-5 Uneven Bars	<b>Mary Lee Tracy</b> Conditioning Circuits In and Out of Season	<b>Connie Maloney</b> Judging Optional Bar Let's Get Competent Confident
3:15 – 4:15	<b>Jennifer O'Hara</b> Warm-Ups, Games & Other Pre-school Fun	<b>Annie Heffernon</b> The NEW USA Gymnastics Meet Reservation System	<b>Ed Nyman Ph. D</b> Cues: Do We Say What We Mean & Mean What We Say	<b>John Geddert</b> Compulsory Vaulting	<b>Neil Resnick</b> Basic Tumbling Forward & Backward	<b>Linda Thorberg</b> Landings – Is It Und Control?
4:30 – 5:30	<b>Linda Thorberg</b> A to Z Bars for Pre- school and Rec	<b>Cassie Rice</b> Tips For Improving The Bottom Line	<b>Dr. Kacey Oieness</b> Empowering Your Athletes	<b>Chelle Stack-Marcella</b> Choreography - How To Get Your Detail To Shine	<b>Neil Resnick</b> UB: Pirouetting: Every Which Way But Loose	<b>Donna Trevethar</b> <b>Kathie Klages</b> NCAA Judging Updat
5:45	<b>Silent Auction Ends</b>					
	<b>Celebrate NGD today!</b> Wear a Vintage Gymnastics Meet Shirt: (oldest & the state wearing the most win) Check in bw 5:30-6:00 in exhibit are					

Region 5 Banquet – Amway Hotel Ambassador East Ballroom 6:30 pm Cocktail Reception--- Banquet 7:30pm



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SUNDAY	Grand Gallery CD	Grand Gallery EF	Ballroom C	Ballroom D	Grand Gallery AB
8:30-10:00			Todd Gardiner, John Geddert, Dave Marus Development of JO National Athlete: <b>Strategies and Methods</b>		
9:00 – 10:00	<b>Linda Thorberg</b> Beam Is Not Boring	<b>Cassie Rice</b> How to Work Through Mental Blocks		<b>Claudia Kretschmer</b> Xcel & Compulsory Beam: Drills for Skills	<b>Connie Maloney &amp; Neil Resnick</b> Comparing Technique Advanced Tumbling - I
10:15 – 11:15	<b>Beth Gardner</b> Dealing with Difficult Children	<b>Paula Lord</b> Building Posture From The Inside Out - Using The Brain Systems To Create Efficient, Pain Free Movement	<b>Chelle Stack-Marcella</b> Importance of Basics: BB/FX/UB Complex	<b>Neil Resnick</b> FX: From Double Backs and Beyond	<b>Nancy Gibson</b> Xcel Judging, Part 1
11:30 – 12:30	<b>Michelle Kocan</b> Benefits of Gymnastics for Individuals with Special Needs	<b>Paula Lord</b> How Do We Get ALL Kids Involved After the Olympic Rush ... In a Team Program Gymnastics for All!	<b>Kittia Carpenter</b> Judging for Coaches - "Cliff Notes"	<b>Neil Resnick</b> In Bar Circling: The Big Three..Clear Hip, Toe On, Stalder	<b>Nancy Gibson</b> Xcel Judging, Part 2

**Add-On Courses:**

Judges' Exams:

U101: Safety & Risk Management Course

R301: Brain & Body: Beyond the Basics

Michigan Open Meeting

**R103: School Age/Recreational**

Thursday, September 15, 2016 4:30 – 9: Grand Gallery AB/ CD

Thursday, September 15, 2016 5:00 – 10:00 PM Grand Gallery EF

Thursday, September 15, 2016 5:00 – 10:00 PM Grand Gallery Overlook GH

Friday, September 16, 2016 5:30 – 6:15 PM Ballroom D (drink tickets given to all in att

**Sunday, September 18, 2016 1:00 - 8:00 PM**

**Radiant Sportz**  
2356 Turner Ave.  
Walker, MI 49544  
616.447.7841