

REGION 6 CONGRESS – PRELIMINARY SCHEDULE

Friday August 15, 2008

* Lectures designated for CPE Credit

7/29/08

	Men	General / Wellness	Business	Women’s Officials*	Coaching*	Recreational	Coaching*
	Salon A	Salon B	Salon C – D	Salon E	Salon F	N. E. Suites	Brestyan’s Gymnastics
9:00 – 10:00	Davenport Welcome to Men’s Gymnastics!	Kovic Organizing & Managing the College Recruiting Process	Wood What You Need to Know Before You Borrow Money	Sielski Tax Tips for Judges	Koll What Makes a Good Level 7 Routine [Good for Coaches and Judges]	Parrish Bringing Basics Back to Our Workouts	Villegas Developmental Conditioning
10:15 – 11:15	Furney Still Rings – Help Me Swing Please!	Kovic The Fire from Within: Developing Competition Readiness	Parrish Round Table Discussion on Special Events That Create Additional Income	Sielski / Caspare Get Smart! Level 9/10 UB	S. Rybacki Vault – The Underlying Principles to Success	Koll Level 1 – 3 Floor Skills & Drills	B. Rybacki Active Stretching & Plyometric Complex for Balance Beam
11:15 – 11:45	Coffee Break Door Prizes – Salon G - J						
11:45 – 12:45	Lanpher Why Your Gym Needs Circus Arts	K. Caspare Recognition of Injury: Warning Signs & Symptoms	Koll Dealing Positively With Your Staff	DeCristoforo Spotlighting & Comparing Height of Acro Skills - FX	S. Rybacki Uneven Bar Release Skills The Underlying Principles to Success	Parrish Preschool Musical Warm-ups and Ending Activities	B. Rybacki Active Stretching & Plyometric Complex for Floor Exercise
12:45 – 2:00	LUNCH Door Prizes Salon G - J						
2:00 – 3:00	Lanpher How to Incorporate Circus Arts Into Your Recreational Program	K. Caspare The Most Common Gymnastic Injuries & Exercises to Treat Them	Holcomb Business Basics for Gymnastics Club Owners Part I	Sielski / Caspare Ready, Set – Start! Level 9/10 BB	Koll Training Compulsory Skills on Floor	Parrish Develop the Cartwheel and Keep Them in Your Gym!	Knox Transitional Releases Low to High Bar & Vice Versa
3:15 – 4:15	Furney FX – What to Know and What to Skip	Moisescu 101 – How to Start a Rhythmic Program	Holcomb Business Basics for Gymnastics Club Owners Part II	Koll Common Compulsory Trouble Areas	S. Rybacki Plan for Success Training, Meets & Workouts	Parrish Conditioning Games for Birthday Parties, Special Events, Open Gym	Knox Teaching a Good Flyaway
4:30 – 5:30	Furney Future Star Gymnasts and How to Train Hard Routines	K. Caspare The Importance of Evaluation and Individualized Strength and Conditioning Training	Wood Keep the Cash Flowing	Ostberg Judging Prep Opt Routines	B. Rybacki Seasonal Planning Ideas for Balance Beam	Koll Level 1 – 3 BB Skills & Drills	Ivanov Developing Basic Tumbling. Do it Right the First Time.



Auction to Benefit Children’s Miracle Network!
Friday – August 15th
Ballroom Foyer
5:30 PM – 7:30 PM

Saturday August 16, 2008

*Lectures designated for CPE Credit

	Men	Business / Other	Wellness / Business	Women's Officials*	Coaching*	Recreational
	Salon A	Salon B	Salon C – D	Salon E	Salon F	N. E. Suites
9:00 – 10:00	Furney Strategies for Retention of Older Boys in Gymnastics	Holcomb Real Estate for Gymnastics School Owner Part I	Arnold Master Coach From A – Z	Goldsmith J. O. Update	Harris Drills & Skills for Compulsory UB	LeRoux Effective Fundamental Class Management Preschool / Kinder Gym
10:15 – 11:15	Furney Pommel Horse for Idiots	Holcomb Real Estate for Gymnastics School Owner Part II	Arnold How to Create a Fierce Competitor	DeCristoforo What Happens When....?	Harris Drills & Skills for Level 8 – 9 UB	Thorberg Beam Bonanza
11:15 – 11:45	Coffee Break Door Prizes Salon G - J					
11:45 – 12:45	Furney Pommel Horse for the Win! Optional Development	Lyons Stunts; Jumps and Tumbling for Cheerleaders	Holcomb Turbo Charge Your Pre-School Program	Thorberg Optional Bars – Releases & Dismounts	Harris Level 4 – 6 Handspring Vaulting	Lutska Tips for Pre-school Teachers
12:45 – 2:00	LUNCH Door Prizes Salon G - J					
2:00 – 3:00	Furney The 5 Skills I Have To Know for P-Bars	Montanari The Details of Risk Managemnet	Arnold Coaching Across the Spectrum	Hamilton Optional BB– Acro A Report Card	Retrosi Developing Round Off Entry Vaults	Lutska Lesson Planning for the Year
3:15 – 4:15	Furney Do I Have to Let Go of the Bar! What Release to Teach First.	Feldmann USA Gymnastics & Member Clubs – A Partnership	R. Silverman Turning Quitters into Keepers: Strategies to Win the Retention Battle	Thorberg Optional UB Circles & Pirouettes	Harris Optional Development Supplementing Your Compulsory Program for Success	LeRoux Safety Considerations for Preschool / Kinder Gym
4:30 – 5:30	Furney Dismounts on P-Bars	Tiess Pre-Elite / TOPs Update	J. Silverman The Dirty Little Secrets to Success: 7 Ways to Build Your Gym and Work Smarter not Harder	Hamilton Can You See the Difference? Optional Vault	Harris Ideas for Conditioning the J. O. Athlete	Thorberg The Latest Greatest Equipment

**REGION 6 CONGRESS CELEBRATION AND DANCE PARTY
BALLROOM
7:00 PM**

Sunday August 17, 2008

*Lectures designated for CPE Credit

	Men	Business / Other	Women's Officials*	Coaching*	Recreational
	Salon A – B	Salon C	Salon E	Salon F	N. E. Suites
9:00 – 10:00	Davenport I Wanna Quit – It's Not Fun' How to Keep Our Students	Colburn Collegiate Judging	Sielski & Caspare Where Do We Start? Level 7/8 UB	Retrosi Intermediate Round off Entry Vaults	Thorberg Do's & Don'ts for Preschool
10:15 – 11:15	Davenport Ring Strength – Getting Stronger	Dever Should You Start a Profit Sharing or Bonus Plan	Hamilton Beam and Floor Dance – A Report Card	Retrosi Intermediate Tumbling	Thorberg Stations – Stations – Stations
11:30 – 12:30	Davenport Jam Development on Bars [Girls & Boys]	Dever Best Tax Tips for 2008	Hamilton A Report Card for Floor Acro Skills	Retrosi Tumbling for BONUS!	Lutska Staffing & Training Preschool Teachers
1:00 – 5:00	PRESCHOOL FUNDAMENTALS H.O.T. Course				