

**REGIONAL 2 CONGRESS PRELIMINARY SCHEDULE\***

**Friday**

**October 09-11 Auburn, WA**

	<b>Recreational</b>	<b>Business</b>	<b>Women's Officials</b>	<b>Coaching</b>	<b>Men's and Other</b>
9:00 – 10:00	Linda Thorberg Parent and Child What can they do? What do you say? <b><u>PS FLOOR</u></b>	Frank Sahlein Owner and Program Manager Career Progressions <b><u>PARTY ROOM</u></b>	Connie Maloney/Linda Mulvihill/Laurie Reid JO Update <b><u>BROADWAY</u></b>	Neil Resnick Bars for Beginners <b><u>BARS 1</u></b>	Alison Arnold The Gym-Whisperer: Bringing out the best in your athletes <b><u>HOLLYWOOD</u></b>
10:15 – 11:15	Linda Thorberg Vaulting for Recreational and Preschool <b><u>PS FLOOR</u></b>	Frank Sahlein Mastering Your Marketing <b><u>PARTY ROOM</u></b>	Connie Maloney/Linda Mulvihill JO Code of Points Overview <b><u>BROADWAY</u></b>	Neil Resnick Vault for Beginners <b><u>VAULT</u></b>	Alison Arnold Shocks, Stops, Blocks, and Balks: Dealing with fear in gymnastics <b><u>HOLLYWOOD</u></b>
11:30 – 12:30	Linda Thorberg Core Strength for Preschool <b><u>PS FLOOR</u></b>	Frank Sahlein FISCAL Fitness for Your Business <b><u>PARTY ROOM</u></b>	Laurie Reid How to apply the "up to" deductions for Compulsory Beam and Floor <b><u>BROADWAY</u></b>	Neil Resnick Tumbling for Beginners <b><u>FLOOR 2</u></b>	Alison Arnold Commit to Hit: How to make it happen when it's time. <b><u>HOLLYWOOD</u></b>
12:30 – 2:00					
2:00 – 3:00	Linda Thorberg Musical Activities <b><u>PS FLOOR</u></b>	Frank Sahlein Level 1 ACORN Part 1 Business Management Success Course <b><u>PARTY ROOM</u></b>	Linda Mulvihill Practice Judge -Level 7/8 Floor <b><u>BROADWAY</u></b>	Tammy Biggs Tumbling on Balance Beam and Floor Exercise <b><u>BEAM &amp; FX 1</u></b>	Steve Whitlock Introduction to TeamGym Competitive Group Gymnastics <b><u>FLOOR 2</u></b>
3:15 – 4:15	Linda Thorberg Mat Magic <b><u>PS FLOOR</u></b>	Frank Sahlein Level 1 ACORN Part 2 Business Management Success Course <b><u>PARTY ROOM</u></b>	Linda Mulvihill Practice Judge -Level 9/10 Beam <b><u>BROADWAY</u></b>	Tammy Biggs Why you have to have good leaps and how to get them <b><u>BEAM</u></b>	Kelly Crumley PB Giant <b><u>PB AREA</u></b>
4:30 – 5:30	Linda Thorberg Understanding Your Learners <b><u>PS FLOOR</u></b>	Frank Sahlein Level 1 ACORN Parts 1 & 2 Business Management Success Course <b><u>PARTY ROOM</u></b>	Connie Maloney Practice Judge - Optional Vault <b><u>BROADWAY</u></b>	Tammy Biggs The importance of basics on each event <b><u>FLOOR 1</u></b>	Kelly Crumley Optional Twisting for Men <b><u>FX 2 &amp; ROD</u></b>

*\*Subject to Change – Updated 10/8/09*

**Saturday**

	<b>Recreational</b>	<b>Business</b>	<b>Women's Officials</b>	<b>Coaching</b>	<b>Men's Program</b>
9:00 – 10:00	Tom Koll Ideas for Recreational Instructors <b><u>FLOOR 2</u></b>	Kelley Durbin Corporate Turn Around <b><u>PARTY ROOM</u></b>	Linda Mulvihill Practice Judging - Level 9/10 Floor <b><u>BROADWAY</u></b>	Steve Whitlock TeamGym rules review, Hosting a competition and more! <b><u>HOLLYWOOD</u></b>	Dave Millard/Bob Young Men's JO Routines, Part 1 <b><u>UPPER DECK</u></b>
10:15 – 11:15	Steve Whitlock <i>Gymnastics for All</i> Group Gymnastics, World Gymnaestrada, and GymFests <b><u>FLOOR 1</u></b>	Kelley Durbin Business Session <b><u>PARTY ROOM</u></b>	Connie Maloney Practice Judge – Level 7/8 Beam <b><u>BROADWAY</u></b>	Tom Koll Training Compulsory Skills on Floor <b><u>FLOOR 3</u></b>	Dave Millard/Jeff Trethaway Men's JO Routines, Part 2 <b><u>UPPER DECK</u></b>
11:30 – 12:30	Peter Flores Choreography Basics <b><u>FLOOR 1</u></b>	Joe M. Softich TOPs/Hopes <b><u>FLOOR 3</u></b>	Ann Heppner Level 10 Uneven Bars Skill Recognition and Shorthand <b><u>BROADWAY</u></b>	Tom Koll Conquering Fear on Beam <b><u>BEAM</u></b>	Kelly Crumley Horizontal Bar Jams <b><u>HIGH BAR</u></b>
12:30 – 2:00					
2:00 – 3:00	Tammy Bensen Lesson Plans put the Party into your Preschool & Progressive Classes <b><u>PS FLOOR</u></b>	Sheila Lehner Dance for gymnastics – all points bar and philosophy – another look <b><u>FLOOR 3</u></b>	Laurie Reid/Mark Kindelspire Handspring/Tsukahara/Yurchenko Basics for Coaches and Judges <b><u>VAULT</u></b>	Tom Koll Coaching the JO Code of Points Level 9 and 10 <b><u>PARTY ROOM</u></b>	Kelly Crumley Release Development 10 – 13 year olds <b><u>HIGH BAR</u></b>
3:15 – 4:15	Tammy Bensen Training and Retaining Your Staff <b><u>PS FLOOR</u></b>	Sheila Lehner How to use your beam complex/warm up as your dance program – DON'T WASTE TIME! <b><u>FLOOR 1 &amp; BEAM</u></b>	Connie Maloney Practice Judge - Level 9/10 Bars <b><u>BROADWAY</u></b>	Tom Koll Are you with The Music? - An introduction to the new compulsory floor exercise music <b><u>FLOOR 3</u></b>	John Shiveley Anatomy of a Boys' Class <b><u>FLOOR 2</u></b>
4:30 – 5:30	Tammie Bensen Average vs. Amazing – an amazing instructor is... <b><u>PS FLOOR</u></b>	Tom Koll Dealing positively with your staff <b><u>HOLLYWOOD</u></b>	Laurie Reid Compulsory Bar Judging Basics <b><u>BROADWAY</u></b>	Brad Loan Methods for Teaching Front and Back Twisting <b><u>FLOOR 2 &amp; ROD</u></b>	Kelly Crumley Boys Team Development <b><u>UPPER DECK</u></b>

\*Subject to Change – Updated 10/8/09

**Sunday**

	<b>Recreational</b>	<b>Other</b>	<b>Women's Officials</b>	<b>Coaching</b>	<b>Men's and Other</b>
9:00 – 10:00	Randy Parish Music and Movement <b><u>PS FLOOR</u></b>	Steve Whitlock Sexual Misconduct <b><u>HOLLYWOOD</u></b>	Linda Mulvihill Practice Judge - Level 7/8 Uneven bars <b><u>BROADWAY</u></b>	Brad Loan Front Vault <b><u>VAULT</u></b>	Kelly Crumley Boys Regional Team Program Development <b><u>FLOOR 2</u></b>
10:15 – 11:15	Randy Parish How to Run a Great Birthday Party <b><u>PS FLOOR</u></b>	Alicia DuPont, RD Nutrition for exercise and performance <b><u>HOLLYWOOD</u></b>	Laurie Reid How to improve your shorthand <b><u>BROADWAY</u></b>	Brad Loan Major Releases & How to Teach them – Part 1 <b><u>BARS</u></b>	Joanne Bowers Insiders Guide to Collegiate Gymnastics <b><u>PARTY ROOM</u></b>
11:30 – 12:30	Randy Parish Developing those hard to teach Bar Skills (recreational)	Peter Flores Introduction to Balance Beam Series <b><u>BEAM</u></b>	Ann Heppner/Denise Green College judging for 2010 <b><u>BROADWAY</u></b>	Brad Loan Major Releases & How to Teach them – Part 2 <b><u>BARS</u></b>	<b>Thanks for attending Region 2 Congress!!!!!!</b>

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*HOT Course 1:30 – 5:30 with Tammy Bonsen*