

Thursday – Sept. 17, 2009 - Judges Exam starting at 4:00 pm

Friday – Sept. 18, 2009

Region 5 Congress Schedule

Updated 9/2/09

Times	Coaching	Business / General	Preschool / Recreational	Women's Officials	Psychology / Prep-Optional	Men's / Women's College
	Euphoria Theatre 100	Nirvana A Theatre 75	Utopia A Theatre 100	Nirvana B School Room 100	Nirvana C Theatre 75	Connection Theatre 50
9:00 – 10:00	Tammy Biggs The importance of basics on each event	Jeff Metzger SIMPLIFY Your Business by Determining Your CAFs – Critical Areas of Focus	Linda Thorberg Parent and Child What can they do? What do you say?	Char Christensen, John Geddert, and Connie Maloney Junior Olympic Update	Alison Arnold Dealing with Difficult People	Paul Evatt Building a Strong Team Program
10:15 – 11:15	Tammy Biggs Tumbling on Balance Beam and Floor Exercise	Jeff Metzger How to SAFELY Delegate Financial Responsibility	Linda Thorberg Vaulting for Recreational and Preschool	Connie Maloney Junior Olympic Overview	Alison Arnold The Gym-Whisperer: Bringing out the best in your athletes	Kelly Crumley Future Stars Update
11:15 – 11:45	BREAK					
11:45 – 12:45	John Geddert Shaping for Uneven Bars	Jeff Metzger Staffing Efficiently = More Profit	Patti Komara 25 Top Tips For Your School-Aged Program (Recreational Directors)	Char Christensen Level 7 and 8 Balance Beam Practice Judging	Claudia Kretschmer Getting a Prep Optional Program Started	Kelly Crumley High Bar: Jam Development
12:45 – 2:00	LUNCH					
2:00 – 3:00	Tammy Biggs Why you have to have good leaps and how to get them	Frank Sahlein Double Your Personal Organization and Effectiveness!	Patti Komara Increase Your Daytime Income	Connie Maloney Level 7 and 8 Uneven Bars Practice Judging	Kathy Kelly Sexual Misconduct	Douglas Burton Starting a Preschool Future Stars Group
3:15 – 4:15	Tammy Biggs How to do drills around the beam area to improve your beam complexes	Frank Sahlein Results of the 2009 Industry Business Survey	Linda Thorberg Musical Activities	Char Christensen Level 9 and 10 Balance Beam Practice Judging	Alison Arnold Shocks, Stops, Blocks, and Balks: Dealing with fear in gymnastics	Kelly Crumley Parallel Bars: Giant Development
4:30 – 5:30	John Geddert Round Off Entry Vaulting	Frank Sahlein Business Valuation, Exit Strategies, and Succession Planning	Linda Thorberg Mat Magic	Connie Maloney Level 9 and 10 Uneven Bars Practice Judging	Alison Arnold Commit to Hit: How to make it happen when it's time.	Bob Starkell Recruiting Rules for the Collegiate Athlete

REGION 5 AUCTION 6:00 – 8:00 pm - FREE APPETIZERS!!

Saturday –Sept. 19, 2009

Region 5 Congress Schedule

Times	Coaching	Business / General	Preschool / Recreational	Women’s Officials	Ala Carte	Men’s / Trampoline & Tumbling
	Euphoria Theatre 100	Schaumburg FGH Theatre 75	Utopia A Theatre 100	Nirvana B School Room 100	Utopia B Theatre 75	Connection Theatre 50
9:00 – 10:00	Mary Lee Tracy Hitting Beam	Frank Sahlein Owner and Program Manager Career Progressions	Patti Komara Successful Parent and Tot Classes	Hilary Carlson Compulsory Uneven Bars	Tom Koll Coaching / Judging the JO Code of Points Levels 7 and 8	Gene Watson Rings Yamawaki Development
10:15 – 11:15	Tom Koll Conquering Fear on Beam	Frank Sahlein Mastering Your Marketing	Linda Thorberg The Best of Trade of Tip Ideas	Char Christensen Level 9 and 10 Floor Exercise Practice Judging	Mary Lee Tracy Efficient Conditioning through Circuit Training	Kelly Crumley High Bar: Release Development for Ages 10-13
11:15 – 11:45	BREAK					
11:45 – 12:45	Todd Gardiner Advanced Tumbling	Frank Sahlein FISCAL Fitness for Your Business	Linda Thorberg Core Strength for Preschool	Connie Maloney Optional Vault Practice Judging	Tom Koll The Dance Passage...How to coach it and judge it	Mike Serra Parallel Bars: Peach Development
12:45 – 2:00	LUNCH					
2:00 – 3:00	John Geddert Compulsory Uneven Bars	Dave Holcomb Competition Teams for Every Child and Every Gym	Tom Koll Ideas for Recreational Instructors	Kittia Carpenter Compulsory Balance Beam	Patti Komara Customer Service: Why in Today’s Economy it is So Important	Joy Umenhofer Trampoline for Skill Development
3:15 – 4:15	Todd Gardiner Big Bar Releases	Dave Holcomb Multiple Streams of Income For Your Gym	Linda Thorberg Cooperative Games	Tom Koll Compulsory Floor Exercise . . . Incorporating the New Music and reviewing your interpretation	Alison Arnold “The Secret” and Gymnastics: How to use the law of attraction in the gym and in your life.	Joy Umenhofer Trampoline for Future Stars
4:30 – 5:30	Todd Gardiner From Beginner Kips to Clear Hips!	Dave Holcomb Guerrilla Marketing (inexpensive yet effective) in a Tough Economy	Linda Thorberg Understanding Your Learners	Judy Dobransky Level 7 and 8 Floor Exercise Practice Judging	Tom Koll Coaching / Judging the JO Code of Points Levels 9 and 10	Joy Umenhofer Recreational Trampoline Drill and Skills

REGION 5 BANQUET: 6:00 pm Cocktail Hour - 7:00 pm Banquet – Nirvana A/B

Sunday – Sept. 20, 2009

Region 5 Congress Schedule

Times	Coaching	Business / General	Preschool / Recreational	Women’s Officials	Elite / Acro	Prep-Optional/Rhythmic
	Euphoria Theatre 100	Schaumburg E Theatre 75	Nirvana A Theatre 100	Nirvana B School Room 100	Nirvana C Theatre 75	Connection Theatre 50
9:00 – 10:00	Kathryn Geddert Floor Exercise “Creating a Competitive Floor Routine”	Frank Sahlein Level 1 ACORN Part 1 Business Management Success Course	Randy Parish Music and Movement	Judy Dobransky Compulsory Vault	Enrique Trabanino Building an Elite Program	Claudia Kretschmer and Nancy Gibson and Donna Trevethan Prep Optional New Rules Gold and Platinum 2010 Rule Review
10:15 – 11:15	Enrique Trabanino Training Cycles	Frank Sahlein Level 1 ACORN Part 2 Business Management Success Course	Randy Parish How to Run a Great Birthday Party	Donna Trevethan College Judging – New Rules and Practice Judging	Angie Lane Acro	Tracy Callahan-Molnar Rhythmic
11:30 – 12:30	Enrique Trabanino High Bar to Low Bar Releases	Frank Sahlein Level 1 ACORN Parts 1 & 2 Business Management Success Course	Randy Parish Developing those hard to teach Bar Skills (recreational)	Sandy Oldham Artistry Can Make a Difference	Gary Warren Pre-Elite/TOPS	Tracy Callahan-Molnar Rhythmic

**HOT COURSE (Hands-On Training) 1:30 – 5:30 pm – Nirvana A
PRESENTED by LINDA THORBERG**