

# REGION 1 CONGRESS PRELIMINARY SCHEDULE\*

## Friday - August 20

|               | Other  | Business  | Pre-School /Recreational   | Women's Officials                                    | Women's Coaching   | Men's Coaching  | Other   | Coaching  |
|---------------|--|---|--|--|--|---|---|---|
|               | <b>Grand Ballroom CD</b>   | <b>Prospector AB</b>  | <b>Grand Ballroom AB</b>   | <b>California Ballroom Salon 6</b>                   | <b>California Ballroom Salon 1-3</b>                                 | <b>California Ballroom Salon 7-9</b>  | <b>Grand Ballroom E</b>                                     | <b>California Ballroom 4-5</b>                                |
| 9:00 – 10:00  | Alison Arnold<br>Five Steps to Fix Fear  | Frank Sahlein<br>Applying Brain Development Principles to our People and Programs | Chris Brown<br>10 Strategies for Bringing Positive Discipline to Your Classes              | Dan Witenstein/Tom Koll/Neela Nelson<br>JO UPDATE    | Dan Witenstein/Tom Koll/Neela Nelson<br>JO UPDATE                    | Sho Nakamori<br>HB - Progression of Near Bar Elements (Stalders, Endo etc) on High Bar                        | Kristen Sutton<br>Dance till you drop                       | Dan Witenstein/Tom Koll/Neela Nelson<br>JO UPDATE             |
| 10:15 – 11:15 | Alison Arnold<br>Creating the Perfect Parent   | Frank Sahlein<br>Applying Brain Development Principles to our Marketing.          | Linda Thorberg<br>The Latest Greatest Preschool Equipment and What to do with it.          | Neela Nelson<br>Applying General Deductions on Beam  | Justin Howell<br>Uneven Bar Transitions                              | Sho Nakamori<br>PH - Russians, Flops - Single pommel skills   | Kristen Sutton<br>Yoga and Pilates for Gymnasts and Coaches | Tom Koll<br>Training Compulsory Skills on Floor               |
| 11:30 – 12:30 | Alison Arnold<br>Commit to Hit: How to make it happen when it's time.                    | Frank Sahlein<br>Personal Organization and Effectiveness.                         | Chris Brown<br>Strength Development for The Recreational Athlete                           | Neela Nelson<br>Applying General Deductions on Floor | Justin Howell<br>Developing the Giant Swing: Basics and Conditioning | Sho Nakamori<br>PB - Support Swings Basics and B or Higher level Support skills on PB (stutz, diamidov, etc)) | Kristen Sutton<br>It's all in the Hips                      | Tom Koll<br>How to add interesting Dance to your Routines     |
| 12:30 – 2:00  | <b>LUNCH - PLEASE VISIT THE EXHIBIT HALL FOR RAFFLE DRAWING – MUST BE PRESENT TO WIN</b> |   |  |  |  |   |   |   |
| 2:00 – 3:00   | Alison Arnold<br>The Seven Qualities of Legendary Coaches                                | Frank Sahlein<br>The Level 2 Business Management Success Course Part 1*           | Brant Lutska<br>It's the little things   | Tom Koll<br>How much would you take? Level 4/5/6 FX  | Neil Resnick<br>Conditioning – The Good, The Bad and the Correct Way | Vince Miller<br>Pommel Horse Skill Development  | Michael Taylor<br>Time Management, Priorities and Deadlines | Justin Howell<br>Forward Entry Vaults: Teaching the Kasamatsu |
| 3:15 – 4:15   | Dan & Jen Hurley<br>Teaching the Child with Special Needs: The Process vs. the Product   | Frank Sahlein<br>The Level 2 Business Management Success Course Part 2*           | Marc Courtney<br>Gymnastics for our Younger Children and their Adult Helpers               | Neela Nelson<br>Evaluation Composition on Beam       | Brant Lutska<br>Peaking Performance on Balance Beam                  | Vince Miller<br>Parallel Bars Skill Development   | Michael Taylor<br>Safety in the Gym for Class Instructors   | Tom Koll<br>Common Compulsory Trouble Areas                   |
| 4:30 – 5:30   | Dan & Jen Hurley<br>Managing Behaviors of Special Needs Children                         | Frank Sahlein<br>The Level 2 Business Management Success Course Part 3*           | Linda Thorberg<br>Uneven Bars for Preschool- 50 things to do before you make them rollover | Jennifer Krause<br>Shorthand, where do I start...    | Neil Resnick<br>Round-off Entry Vaulting 101                         | Vince Miller<br>Tips for coaches from judges perspective  | Michael Taylor<br>Parenting a Young Athlete                 | Tom Koll/Neela Nelson<br>The Dance Passage                    |

\* University CREDIT is FREE if the participants have taken the Level 1 Course through USA Gymnastics.

# Saturday – August 21

|                    | Other  | Business   | Pre-School<br>Recreational  | Women's Officials  | Coaching   | Men's Coaching   | Rhythmic/Acro   | Coaching  |
|--------------------|--|--|---|--|--|--|---|---|
|                    | <b>Grand Ballroom CD</b>   | <b>Prospector AB</b>   | <b>Grand Ballroom AB</b>  | <b>California<br/>Ballroom Salon 6</b>   | <b>California<br/>Ballroom Salon 1-<br/>3</b>  | <b>California Ballroom<br/>Salon 7-9</b>   | <b>Grand Ballroom E</b>   | <b>California<br/>Ballroom<br/>4-5</b>  |
| 9:00<br>10:00      | Deidre Baumgarten<br><br>Day Camps Part 1:<br>Marketing and<br>maximizing your gym's<br>potential        | Mimi Phene-McKellar<br><br>MARKETING:<br>Marketing Idea's for<br>Inside & Outside Your<br>Gym!   | Brant Lutska<br><br>Active Participation<br>Adventure   | Connie Maloney<br><br>Evaluation<br>Composition on<br>Bars                                     | Neil Resnick<br><br>Front Entry<br>Vaulting –<br>Handspring Front<br>and Tsukahara<br>Vaults | Sho Nakamori<br><br>FX - Ideas for Basic<br>Tumbling   | Elena Savenkova<br><br>Ready for Rhythmic<br>Gymnastics in your<br>club? Learn the<br>basics!                   | Steve Rybacki<br><br>Preparation and<br>development of elite<br>gymnasts. The<br>process / principles |
| 10:15<br>11:15     | Deidre Baumgarten<br><br>Day Camps Part 2:<br>Orchestrating a flexible<br>daily camp schedule            | Michael Taylor<br><br>Dealing with Conflict<br>and Confrontation   | Brant Lutska/Linda<br>Thorberg<br><br>Marvelous Music   | Neela Nelson<br><br>Evaluation<br>Composition on<br>Floor                                      | Tom Forster<br><br>Preparing Level<br>5/6 for Optionals                                      | Sho Nakamori<br><br>Athlete's Perspective<br>#1 - Returning from<br>injury, battling fear  | Elena Savenkova<br><br>New Rhythmic<br>Compulsory program<br>routines (levels 3-5 &<br>Beginner Group)          | Steve Rybacki<br><br>Tumbling – the<br>underlying<br>principles to success                            |
| 11:30<br>12:30     | Michael Taylor<br><br>Setting up your<br>PreSchool Gym Safely  | Mimi Phene-McKellar<br><br>STAFF<br>DEVELOPMENT: The<br>Magic to Bringing out<br>the Best in your Staff!   | Brant Lutska<br><br>Oh, Baby, Let's Have<br>Fun!  | Connie<br>Maloney/Tom<br>Forster<br><br>Bar Technique – A<br>Coaches and Judges<br>Perspective | Neil Resnick<br><br>Basic Tumbling<br>and the<br>Developmental<br>Core                       | Sho Nakamori<br><br>Athlete's Perspective<br>#2 - Pre-meet<br>preparation,<br>visualization, goal<br>setting (short, medium,<br>long term) | Elena Savenkova<br><br>2011 Rhythmic JO<br>Program Updates<br>with Questions and<br>Answers session –<br>Part 1 | Steve Rybacki<br><br>Conditioning<br>Circuits &<br>Flexibility Video<br>review                        |
| 12:30<br>–<br>2:00 | <b>LUNCH</b><br><b>PLEASE VISIT THE EXHIBIT HALL FOR RAFFLE DRAWING – MUST BE PRESENT TO WIN</b>         |  |   |  |  |  |   |   |
| 2:00<br>–<br>3:00  | Dave Peterson<br><br>A Culture of Growth   | Pam Evans<br><br>Annual Reviews  | Tom Forster<br><br>Don't Reinvent the<br>Wheel – Creating<br>Lesson Plans with<br>USAG Levels 1-4 | Neela Nelson<br><br>Judging level 7<br>floor and beam  | Neil Resnick<br><br>Compulsory Bars<br>Developmental<br>Essentials                           | Sho Nakamori/Paul<br>Tikenoff<br>Panel Forum – Present<br>State & Future of<br>Men's NCAA<br>Gymnastics                                    | Elena Savenkova<br>2011 Rhythmic JO<br>Program Updates<br>with Questions and<br>Answers session –<br>Part 2     | Steve Rybacki<br><br>Review of elite<br>compulsory testing<br>video & text                            |
| 3:15<br>4:15       | Christie Kiley<br><br>Developmentally<br>appropriate coaching<br>strategies for infants to<br>pre-teens. | Mimi Phene-McKellar<br>ADDING OTHER<br>PROGRAMS:<br>How Adding Programs<br>Can Boost Your<br>Enrollment, Cash-flow<br>& Customer<br>Convenience! | Linda Thorberg<br><br>Beam is not Booring!  | Connie Maloney<br><br>Practice Judging<br>Level 9/10 Vault                                     | Jill Preston/Cassie<br>Rice<br><br>Games for<br>Optional Beam                                | Andrew Pileggi<br><br>FLOOR – (good ideas<br>for tumbling)   | Barbara Jo Taylor<br><br>Intro to Group<br>Gymnastics – What<br>is it?  | Tom Forster<br><br>Developing Release<br>Moves – Uneven<br>Bars                                       |
| 4:30<br>–<br>5:30  | Christie Kiley<br><br>Coaching kids with<br>special needs.   | Pam Evans<br><br>Employee Handbook   | Marc Courtney<br><br>Jumps, Leaps and Turns<br>on Beam. Rec to<br>Compulsory                      | Linda Thorberg<br><br>Serious Series on<br>Beam  | Rachel Brazo<br><br>Sexual Misconduct  | Andrew Pileggi<br><br>VAULT – Drills   | Tracy Nordheim<br>Region 1<br><u>TeamGym Rules</u><br>Updates & Round-<br>Table<br>(Group Gymnastics)           | Tom Forster<br><br>Training in Bar<br>Elements –<br>Clearhips, stalders<br>and toe shoots             |

**Region 1 Dance Party – 9:00pm – California Ballroom**

## Sunday – August 22

|               | Other  | Business  | Pre-School/<br>Recreational   | Women's Officials  | Coaching   | Men's Coaching   | Other  | Other  |
|---------------|--|---|---|--|--|--|--|--|
|               | <b>Grand Ballroom CD</b>   | <b>Prospector AB</b>  | <b>Grand Ballroom AB</b>  | <b>California Ballroom Salon 6</b>   | <b>California Ballroom Salon 1-3</b>   | <b>California Ballroom Salon 7-9</b>                     | <b>Grand Ballroom E</b>                          | <b>California Ballroom 4-5</b>   |
| 9:00 – 10:00  | Andrew McMartin<br><br>Club Programs for College Gymnastics                              | Tom Forster<br><br>Developing a Budget – It's Not Just About Money    | Brant Lutska<br><br>What do YOU Do?   | Connie Maloney<br><br>Acro Technique on Beam   | Kelly Alliger Keane/Jill Preston<br><br>TOPS: What Counts and What DOESN'T - Maximizing your physical abilities scores | Vince Miller<br><br>Three Key Compulsory Elements        | Matthew Miscisin<br><br>Easy Enthusiasm          | Cassie Rice<br><br>10 steps to a stress free flyaway                                 |
| 10:15 – 11:15 | Vanessa Adler<br><br>Choreography-Bringing back the Performance                          | Dave Peterson<br><br>I QUIT !!! – You can't honey, you own the place! | Linda Thorberg<br><br>All For One! All Ages Can Do This!                                  | Connie Maloney<br><br>Acro Technique on Floor  | Kelly Alliger Keane/Jill Preston<br><br>TOPS for Newbies   | Vince Miller<br><br>Retrospective on Gymnastics – Part 1 | Matthew Miscisin<br><br>Work is a 4 letter word  | Cassie Rice<br><br>What you need to know if you are new to the Prep-Optional Program |
| 11:30 – 12:30 | Dusty Hyland/Jeff Tucker/Justin Howell<br><br>CrossFit as a means of training gymnastics | Dave Peterson<br><br>Take the Wheel                                   | Marc Courtney<br><br>Fun Warm Ups for Tots that Enhance their Focusing and Shaping Skills | Cassie Rice/Jill Preston<br><br>Prep-Optional Rule Changes, Clarifications and Judging |  | Vince Miller<br><br>Retrospective on Gymnastics – Part 2 | Matthew Miscisin<br><br>Have Fun Being in Charge |  |

**Announcement of Silent Auction: 12:45pm – Hall of Cities**

## **MEETINGS:**

### **Friday:**

**6:00pm – Women's Region 1 Board Meeting - Sequoia**

**7pm – 9pm – MEN's NORCAL State Meeting – California Ballroom 7-9**

### **Saturday:**

**4pm – 7pm – Rhythmic National Judging Course Retesting – Ponderosa Room**

**4:30 pm – Women's NorCal Coaches Association Board Meeting – Sequoia**

**5:30 pm – Women's Nor-Cal Coaches Association General Meeting – Grand Ballroom**

**6:30 pm – Women's Region 1 General Meeting – Grand Ballroom**

### **Sunday:**

**9:30 am - NAWGJ Board Meeting – Sierra**

**1:00 pm - Judges Exam – California Ballroom 1-3**