

# 2011 National Congress Final Presenter Schedule -August 18 19 20

**Thursday-August 18, 2011**

8.18.11

Time	Session	Presenter	Track
8:30-9:30am	Trampoline and Tumbling: Your Key to Growth and Retention	Susan Jacobson	TT
8:30-9:30am	Basic Floor Exercise for Boys	Hideo Mizoguchi	M
8:30-9:30am	Still Rings: Strength Development and Stabilizing the Handstand	JD Reive	M
8:30-9:30am	Partner NOT Problems	Michael Taylor	B
8:30-9:30am	Welcome to the Land of Lost Skills: Where Did They Go and How to Get Them Back	Windee Weiss	SS
8:30-9:30am	USA Gymnastics Fitness Program + CMN	Denise Brumsey	SS
8:30-9:30am	How to Start a Special Olympics Program (Children Miracle Network)	Cindy Bickman	SO
8:30-9:30am	Beam Dance	Neela Nelson & Myra Efenbein	WT
8:30-9:30am	JO Update	Tom Koll & Connie Maloney	WJO
8:30-9:30am	TOPS Skills and Curriculum for Floor	Tammy Biggs	WA
8:30-9:30am	Running a Small Gym: Forms, Systems and Marketing	Tom Forster	B
8:30-9:30am	New! Rhythmic National Team Physical Preparation...	Elizabeth Darling	HOS
8:30-9:30am	Understanding the Preschool Child	Beth Gardner	PRE
8:30-9:30am	Basic Bars for Recreation	Tony Retrosi	SA
10:00-11:00am	JO Tumbling Progressions, Skills & Routines	Sergio Galvez	TT
10:00-11:00am	Basic Pommel Horse for Boys	Hideo Mizoguchi	M
10:00-11:00am	Horizontal Bars: Where's the Top of the Bar, Giants, Turns and Hops	Nori Iwai	M
10:00-11:00am	Eliminating Privacy, Involving Parents, Educating Students, and other Steps To Guard Against Sexual Misconduct	Scott Himsel	RM
10:00-11:00am	How to Start a Team Gym Program	Martha Lally	GFA
10:00-11:00am	10 Key Factors for Championship Floor Exercise	Dr. Gerald George	SS
10:00-11:00am	NCAA Collegiate Judging Updates for 2011-2012	Kathy Feldmann	WT
10:00-11:00am	2013-2020 Women's Compulsories Preview	Tom Koll	WJO
10:00-11:00am	Low Beam: Developmental Skills and Curriculum	Tammy Biggs	WA
10:00-11:00am	Guerrilla Marketing for Gymnastics Schools	David Holcomb	B
10:00-11:00am	Preschool Safety and Spotting	Beth Gardner & Cheryl Cupples	HOS
10:00-11:00am	Parent Child Classes: Start Confidently	Linda Thorberg	PRE
10:00-11:00am	Recreational Gymnastics Philosophy and Progressions	Jeff Lulla	SA
1:00-2:00pm	100 Combinations Before going Upside Down	George Hery	TT
1:00-2:00pm	Basic Still Rings for Boys	Mike Serra	M
1:00-2:00pm	Pommel Horse -How to Hit a Pommel Horse Routine- Increasing Routine Stamina and Confidence	Michael Ashe	M
1:00-2:00pm	Dealing With the Media in Crisis Communication	Scott Himsel	RM
1:00-2:00pm	Increase Artistry & Improve Flexibility From Rhythmic for ALL	Lana Lashoff & Elizabeth Darling	RHY
1:00-2:00pm	Twisting Mechanics: Influences in Picking a Direction	Peter Pidcoe	SS
1:00-2:00pm	How To See The Angle Repulsion for Vault	Laurie Reid & Linda Thorberg	WT
1:00-2:00pm	Skill Choices for JO Gymnasts- How to Use the Rules to Compete Successfully	Byron Hough	WJO
1:00-2:00pm	Bars: Developmental Skills and Curriculum	Tom Forster	WA
1:00-2:00pm	Gymnastics Business Basics	David Holcomb	B
1:00-2:00pm	School Age Spotting: Beginner to Level 4	Cheryl Cupples & Spotting Staff	HOS
1:00-2:00pm	Best Parent and Tot Teaching Techniques	Sandi McGee	PRE
1:00-2:00pm	Vaulting, Tumbler Trak and Trampoline	Brant Lutska	SA
2:15-3:15pm	Trampoline Progressing's: Jump High, Have Fun, Stay Safe!	Judy Cline	TT
2:15-3:15pm	Vault: Arm Swing Technique, Making It Work	Tom Meadows	M

2:15-3:15pm	Still Rings: Honma and Yamawaki	Juha Tanskanen	M
2:15-3:15pm	Background Check for ALL!	Trish McGonnell	RM
2:15-3:15pm	How to Add Cheer to Your Gym Program	Jim Lord & Chris Calvert	B
2:15-3:15pm	Ankle Injury Prevention in the Gym: Coach and Therapist, a Team Approach	Brandi Smith Young & Tony Retrosi	SS
2:15-3:15pm	Floor Acro	Char Christensen & Bryon Hough	WT
2:15-3:15pm	Level 7 /8 Bars	Brad Harris	WJO
2:15-3:15pm	Leg Conditioning	Mihai Brestyan	WA
2:15-3:15pm	Managing Staff Through Systems	Steve Greeley	B
2:15-3:15pm	Hands on Spotting Tumbling	Joy Umenhofer	TT
2:15-3:15pm	Preschool Bars... "Pullover Beethoven"	Lynn Moskovitz	PRE
2:15-3:15pm	The Dirty Dozen: Mistakes Teachers' Make	Patti Komara	SA
3:30-4:30pm	100 Combinations Before You Are Ready to Flip	George Hery	TT
3:30-4:30pm	Starting a Boys Program: Just Do It!	Dusty Ritter	M
3:30-4:30pm	Vault-Yamashita: How, Why and Where it Leads	Tom Meadows	M
3:30-4:30pm	Free! Free... Assistance with Hosting an Event!	Donald G. Schumacher	B
3:30-4:30pm	Helping Athletes Return from Injury: Keeping Their Head In The Game	Windee Weiss	SS
3:30-4:30pm	Building and Leading Teams in the New Millennium	Mike Lorenzen	SS
3:30-4:30pm	Evaluating Level 6 Bars	Laurie Reid & John Carney	WT
3:30-4:30pm	Level 5/6 Compulsory Beam and Floor: Are you still doing it right?	Cheryl Jarrett & Tom Koll	WJO
3:30-4:30pm	TOPS Skills & Curriculum on Tumbling	Enrique Trabiano	WA
3:30-4:30pm	Maximize Profits: Creating and Working with Budgets	Sean Dever	B
3:30-4:30pm	Spotting Technique for Trampoline: Double Mini and Trampoline	Joy Umenhofer	TT
3:30-4:30pm	Bounce...Vault and Trampoline for Preschool	Annette Thomas	PRE
3:30-4:30pm	Make Warm Ups Fun!	Quin Shannon & Mik Nelke	SA
<b>Certification Opportunities 8.18.11</b>			
8:30-8:30pm	Rhythmic National Judges Course- Additional Fee and Pre-Registration Required	Caroline Hunt, Elena Savenkova, Nadine Davies	RHY
8:30am-12:30pm	200: T&T Development Coaches Course: (Level 1) Trampoline & Tumbling- <b>*FREE and Pre-Registration Recommended</b>	Joy Umehofer	TT

*\*Certificaiton is offered free of charge to all registered congress attendees*

## Friday-August 19, 2011

### 8.19.11

Time	Session	Presenter	Track
8:30-9:30am	The X Factor of Twisting, Flip Flop and Front Fly Spring	Judy Cline	TT
8:30-9:30am	Parallel Bars-Upper Arm Skills: Basic to Advanced	Justin Spring	M
8:30-9:30am	Worker's Compensation Risk Management	Michael Swain	RM
8:30-9:30am	Gymnastics for All Programming	Cheryl Cupples	GFA
8:30-9:30am	Motor Learning: The Theory of Muscle Memory	Peter Pidcoe	SS
8:30-9:30am	Beam: Acro & Mixed Connections	Tammy Biggs	WT
8:30-9:30am	Beginner Vault	John Geddert	WJO
8:30-9:30am	Advanced Combination Tumbling	Valeri Liukin	WA
8:30-9:30am	How to Raise Team Tuition: Parental "Buy-in."	Jeff Metzger	B
8:30-9:30am	Spotting Horizontal Bar: Giants and Pirouettes	Vitaly Marinitch	HOS
8:30-9:30am	50 Great Rules for Teaching Preschool Gymnastics	Linda Thorberg	PRE
8:30-9:30am	Understanding Basic Techniques for Beginning Coaches	Dr. Gerald George	SA
10:00-11:00am	Using Trampoline Progressions for Backward and Forward Twisting	Joy Umenhofer	TT
10:00-11:00am	Technical Sequence Development for 2013-2016	Kevin Mazeika	M
10:00-11:00am	Basic Vault for Boys	Juha Tanskanen	M
10:00-11:00am	Insurance Issues... What Question do You Have?	Pat O'Conner	RM

10:00-11:00am	Straight Line Handstands and the Tap Rule of 180 Degrees	Jeff LaFluer	W
10:00-11:00am	Shocks, Stops, Balks and Blocks: 10 Crazy Solutions for Fear	Dr. Allison Arnold	SS
10:00-11:00am	Beam: Mounts, Dismounts and Acro Skills	Linda Mulvihill & Carole Bunge	WT
10:00-11:00am	Vault/Bar Side Stations: Drills to Compliment Optional Level Workouts	Chris Burdette	WJO
10:00-11:00am	Phases of Conditioning	John Geddart	WA
10:00-11:00am	Leadership for Program Managers	Steve Greeley	B
10:00-11:00am	Intermediate Gymnastics Skills: Level 5/6	Hands on Spotting Staff	HOS
10:00-11:00am	The Preschool Handstand	Sandi McGee	PRE
10:00-11:00am	Teaching Progressions: Critical for Safety and Success	Jeff Lulla	SA
1:00-2:00pm	Trampoline Progressions for Multiple Twisting Flips	Joy Umenhofer	TT
1:00-2:00pm	Concussions	St. Paul Medical Center	SS
1:00-2:00pm	Sports Physiotherapy for Gymnastics	Tyler Yamauchi	M
1:00-2:00pm	The Ups and Downs of Alternative Recreation	Steve Cook	B
1:00-2:00pm	Promoting Athletes for Collegiate Gymnastics	Kurt Hettinger	ALL
1:00-2:00pm	Strengthening your Core	Larry Nassar	SS
1:00-2:00pm	Level 7 & 8 Bars - What's the Start Value?	Linda Thorberg	WT
1:00-2:00pm	Developing a Large Team Program for The Long Term	Mike Hunger	WJO
1:00-2:00pm	TOPS Skills and Curriculum for Vaulting	Neil Resnick	WA
1:00-2:00pm	How to Hire the RIGHT Employees	Jeff Metzger	B
1:00-2:00pm	Kips, Kips, Kips	Jason Jarrett & Tom Forster	HOS
1:00-2:00pm	Skill Deconstruction	Beth Gardner	PRE
1:00-2:00pm	Positive Teaching (Part 1)	Steve Greeley	SA
2:15-3:15pm	Ready to Fly? Time for a Trampoline and Tumbling Team	Shaun Kempton	TT
2:15-3:15pm	Floor Exercise- Whip Back, Layout Front, Pike Open Back	Joy Umenhofer	M
2:15-3:15pm	Functional Assessment and Corrective Exercise: Reducing the Risk of Injury and Increasing Longevity	Rob Schwartz	M
2:15-3:15pm	Organization + Great Teacher= Success	Jeff LaFluer	B
2:15-3:15pm	Acrobatic Gymnastics = Athlete Retention	Selena Peco & Ronda Francis	ACRO
2:15-3:15pm	Facebooking Flippers & Twittering Twisters. The Potential & Pitfalls of Social Networking in the Gym	Dr. Allison Arnold	SS
2:15-3:15pm	Level 7/8 Beam & Floor-Improving Artistry	Kristie Phillips-Bannister	WT
2:15-3:15pm	Level 4-6 Bars (Part 1)	Brad Harris	WJO
2:15-3:15pm	TOPS and Developmental Program Overview	Gary Warren	WA
2:15-3:15pm	Business Ethics and the Double Coat of Arms	Lynn Ledford	B
2:15-3:15pm	Special Olympics Artistic Gymnastics plus Certification (Open Session)	Cindy Bickman	HOS
2:15-3:15pm	Everything I Learned About Teaching, I learned in Kindergarten	Annette Thomas	PRE
2:15-3:15pm	Drills and Stations for Any Age	Doug James	SA
3:30-4:30pm	Progression Trampoline Training Skills and Circuits	George Hery	TT
3:30-4:30pm	The Balanced Gymnast - Sports Psychology	Robert Andrews	SS
3:30-4:30pm	Structural Strength Development for Gymnasts: Specifically ages 15 and under	Rob Schwartz	M
3:30-4:30pm	College Recruiting 101	Kurt Hettinger	ALL
3:30-4:30pm	Introduction to Team Gym	Steve Whitlock	GFA
3:30-4:30pm	How to Create Confident Competitors	David Benzel	SS
3:30-4:30pm	Bar Mounts and Dismounts	Connie Maloney & Neil Resnick	WT
3:30-4:30pm	Level 4-6 Bars (Part 2)	Brad Harris	WJO
3:30-4:30pm	Twisting Yurchenkos	Steve Rybaki	WA
3:30-4:30pm	Catching and Keeping Customers	Sean Dever	B
3:30-4:30pm	Advance Skills: Level 7/8	Hands on Spotting Staff	HOS
3:30-4:30pm	Hundreds of Stations for Preschool Drills	Patti Komara	PRE
3:30-4:30pm	Active Participation Games	Brant Lutska	SA
	<b>Certification Opprotunities 8.19.11</b>		
8:30-11:00am	Special Olympics Artistic Gymnastics Coaches Certification- <b>*FREE</b>	Cindy Bickman	SO

8:30-11:30am	B101: (Level 2) Business Certification- <b>*FREE and Pre-Registration Recommended</b>	Frank Sahlein	B
8:30-11:00am	W200: Women's Development Coaches Course: HOT (Level 2/ (For Level 1-4 Coaching) <b>*FREE and Pre-Registration REQUIRED</b>	Claudia Kretschmer & Brian Zook	W

*\*Certificaiton is offered free of charge to all registered congress attendees*

## Saturday-August 20, 2011

### 8.20.11

Time	Session	Presenter	Track
8:30-9:30am	Arabians and Twisting Salto's	Judy Cline & Tammy Biggs	TT
8:30-9:30am	Motivating Boys - Practical Application	Dusty Ritter	M
8:30-9:30am	Women J.O. Compulsory Tumbling	Larry Goldsmith	WJO
8:30-9:30am	Themes, Tactics, Tips for Successful Camps	Patti Komara	B
8:30-9:30am	How To Maximize Revenue With Apparel Sales	Kelly McKeown & Carter Cheskey	B
8:30-9:30am	Credible Coaches Create Fearless Competitors	David Benzel	SS
8:30-9:30am	Bars: Casts, Circles and Pirouettes	Connie Maloney & Tom Forster	WT
8:30-9:30am	Games for Warm Up on Bars	John Carney & Laurie Reid	WJO
8:30-9:30am	Big Bar Releases	Neil Resnick	WA
8:30-9:30am	The Why's Have It	Lynn Ledford	B
8:30-9:30am	Spotting Parallel Bars- Support Skills	Jeff Robinson	HOS
8:30-9:30am	Preschool Warm Ups and Stretch	Beth Gardner	PRE
8:30-9:30am	Recreational Beam	Tom Koll	SA
10:00-11:00am	The Trampoline and Tumbling Talent Development Pipeline	Shaun Kempton	TT
10:00-11:00am	Basic Horizontal Bar for Boys	Mike Serra	M
10:00-11:00am	Reducing Injuries with Jump Landing Training	St. Paul Medical Center	SS
10:00-11:00am	This Old Gym	Michael Rizutto	RM
10:00-11:00am	Backhand Spring Clinic	Michael Taylor	SA
10:00-11:00am	Hey That's Cool! New cutting edge gadgets that help your athletes get into the ZONE!	Dr. Allison Arnold	SS
10:00-11:00am	NAWGJ Open Forum	Evelyn Chandler	WT
10:00-11:00am	Floor Level 1-3 Great Drills for Great Skills	Tom Koll	WJO
10:00-11:00am	Beam and Floor: Training Advanced Leaps	Tammy Biggs	WA
10:00-11:00am	How to Get the Most Out of Full Timers	Tom Forster	B
10:00-11:00am	Spotting Advance Skills on Parallel Bars: Peach Basket, Morise and Belle	Jeff Robinson	HOS
10:00-11:00am	New Ideas for Bars and Beam for Preschool	Linda Thorberg & Brant Lutska	PRE
10:00-11:00am	Teaching Boys- "Need I say More!"	Beth Gardner	SA
1:00-2:00pm	Tumbling through Big Skills	Sergio Galvez	TT
1:00-2:00pm	Horizontal Bar- In Bar Skills: Endo, Stalder and Jam	Brett McClure	M
1:00-2:00pm	Pommel Horse: Circle Development - Side Support, Cross Support, Single Pommel and Flair	Xioping Li	M
1:00-2:00pm	5 Sure Ways to Get Sued!	Michael Swain	RM
1:00-2:00pm	Special People in Our Gyms: Opening the Doors to Special Needs	Beth Gardner	ALL
1:00-2:00pm	Wrist Injury and Prevention in the Gym: Coach and Therapist, a Team Approach	Brandi Smith Young & Tony Retrosi	SS
1:00-2:00pm	Judging Level 1,2 & 3	Marian Dykes & Char Christensen	WT
1:00-2:00pm	Team Retention - How to Handle the Teen Years	Bryon Hough & Mike Herd	WJO
1:00-2:00pm	Bars: Invert Skills and Development	Tom Forster	WA
1:00-2:00pm	Growth Strategies for Any Business	Patti Komara	B
1:00-2:00pm	Cheer Stunt Technique	Jim Lord & Chris Calvert	HOS
1:00-2:00pm	Preschool Theme Week	April Sawyer	PRE
1:00-2:00pm	Positive Teaching (Part 2)	Steve Greeley	SA
2:15-3:15pm	Gymnastics Physics: 10 Simple Rules to Learn	George Hery	TT
2:15-3:15pm	Pursuit of Perfection - What and Why	Kevin Mazeika	M
2:15-3:15pm	Basic Parallel Bars for Boys	Jeff Robinson	M
2:15-3:15pm	Risk Management... It Does Matter!	Pat O'Conner	RM

2:15-3:15pm	End of the Year Show Choreography... Now your doing GFA	Cindy Bickman	GFA
2:15-3:15pm	10 Key Factors for Championship Vaulting	Dr. Gerald George	SS
2:15-3:15pm	Q&A USA Gymnastics Website (Member Services)	Erica Koven	ALL
2:15-3:15pm	Bar Releases	Marian Dykes & Tom Forster	WT
2:15-3:15pm	The Progressive Motivation Cycle	Mark Folger	WJO
2:15-3:15pm	Advanced Tumbling	Enrique Trabiano	WA
2:15-3:15pm	Things I Use to Know, That Just Weren't So...	Jeff Metzger	B
2:15-3:15pm	Let's Get Spotting! Level 4/5 Pair/Group	Selena Peco & Ronda Francis	HOS
2:15-3:15pm	101 things To Do On....	Annette Thomas	PRE
2:15-3:15pm	Basic Floor for Recreational... including the Backhandspring	Tony Retrosi	SA
3:30-4:30pm	The Take Off Position: The key to Altitude and Amplitude	Joy Umenhofer	TT
3:30-4:30pm	Interactive Judging: Why is that a 0.3 Deduction?	Doug Hills	M
3:30-4:30pm	Parallel Bars: Support Swing, Bail for Long Hang Swing and Basket Swing	Gene Watson	M
3:30-4:30pm	Staff Development vs. Staff Training	Michael Taylor	B
3:30-4:30pm	Rhythmic Gymnastics Code of Points 2013: A preview!	Caroline Hunt	R
3:30-4:30pm	Shoulder Injury and Rehabilitation	Peter Pidcoe	SS
3:30-4:30pm	Explaining USA Gymnastics University	Lynn Moskovitz	ALL
3:30-4:30pm	Floor Dance	Neela Nelson & Myra Efenbein	WT
3:30-4:30pm	Meet Preparation	Bryon Hough	WJO
3:30-4:30pm	Elite Conditioning	Neil Resnick	WA
3:30-4:30pm	Facility Design and Efficiency: Think Inside the Box	Jeff LaFleur	B
3:30-4:30pm	Let's Get Spotting! Level 6 /7 Pair/Group	Selena Peco & Ronda Francis	HOS
3:30-4:30pm	Toys, Toys, Toys	Doug James	PRE
3:30-4:30pm	Fun Vault Drills for Class	Quin Shannon	SA
	<b>Certification Opprotunities 8.19.11</b>		
8:30-11:00am	Special Olympics Rhythmic Gymnastics Coaches Certification- <b>*FREE</b>	Cindy Bickman	SO
8:30-11:30am	<b>**B102: (Level 3) Business Certification- *FREE and Pre-Registration Recommended</b>	Frank Sahlein	B
3:30-6:30pm	<b>**Rhythmic National Judges Course- Additional Fee and Pre-Registration Required</b>	Caroline Hunt, Elena Savenkova, Nadine Davies	RHY

*\*Certificaiton is offered free of charge to all registered congress attendees*