



Room	Topic	Speaker	Program
8:30-9:30 a.m. – THURSDAY, AUGUST 12			
Room 12/13	Perspective – Level 5/6 Beam, Bars, Floor: Seeing Good to Best-Paying attention to Details	Cheryl Jarrett & Larry Goldsmith	W
Room 14/15	Beam Tumbling & Leap Circuit	Tamara Biggs	W
Room 16/17	How to Run a Better Pro Shop	Alan Robezzoli	B
Room 21	Dealing with Sexual Misconduct Issues. This is Your Responsibility.	Scott Himsel & Patrick O'Connor	RM
Room 22/23	Bringing out the Best in Your Staff	Randy Sikora	B
Room 24/25	Getting Field Trips Into Your Gym And Building Clientele	Denise Brumsey	B
Room 26	Horizontal Bar – Jam and Takamoto	Vitaly Marinitch	M
Room 27	Pommel Horse – Superior Circle and Travel Development	Yuan Xian	M
Ballroom A	Creative Lesson Planning	Dr. Pamela Evans	ALL
Ballroom B	JO UPDATE	Tom Koll & Connie Maloney	W
Ballroom C	Compositional Deductions on Balance Beam	Linda Thorberg	W

10:00-11:00 a.m. – THURSDAY, AUGUST 12			
Room 12/13	Ten Key Factors for Success in Gymnastics	Dr. Gerald George	SS
Room 14/15	Preparing Your Athlete for Collegiate Gymnastics	Byron Knox	ALL
Room 16/17	Building Blocks for Pre RHY – Part 1	Tracey Callahan Molnar	RHY
Room 21	RM and Crisis Communication A Must for All Owners, Directors, Volunteers	Scott Himsel & Patrick O'Connor	RM
Room 22/23	Applying Brain Development Principles to Your People, Programs and Marketing	Frank Sahlein	B
Room 24/25	TFC and Fundraising for CMN	Denise Brumsey	B
Room 26	Basic Floor Exercise Curriculum for Boys	Jeff Robinson	M
Room 27	Still Rings – Strength Developmental for Rings	Randy Jepson	M
Ballroom A	OH Baby! Let's Have Fun	Brant Lutska	PRE/REC
Ballroom B	Coaching W's Compulsory Vault	Brad Harris	W
Ballroom C	Optional FX - Applying General Deductions	Myra Elfenbein & Tom Koll	W
Exhibit Hall	TOPS, Developmental and Elite Beam Circuit	Tamara Biggs	W

1:00-2:00 p.m. – THURSDAY, AUGUST 12			
Room 12/13	Five Basic Principles for Refining Gymnastics Movement	Dr. Gerald George	SS
Room 14/15	TOPs Skills and Curriculum Tumbling	Ivan Ivanov	W
Room 16/17	Building Blocks for Pre RHY-Part 2	Tracey Callahan Molnar	RHY
Room 21	Panel of Insurance Experts to Answer All Your Questions and Concerns.	Patrick O'Connor & all	RM
Room 22/23	The Responsibility Paradox: Why Over Trying to Motivate Others is Like Shooting Yourself in the Foot	Jeff Metzger	B
Room 24/25	Marketing Part 1 - Your External Image	Jeff Lulla	B
Room 26	Basic Pommel Horse Curriculum for Boys	Jeff Robinson	M
Room 27	Parallel Bars - Peach Basket	Yin Alvarez	M
Ballroom A	Marvelous Music	Brant Lutska & Linda Thorberg	PRE/REC
Ballroom B	Coaching Level 4-6 Uneven Bars Part 1	Brad Harris	W
Ballroom C	Casting and Clear Hip Angles	Myra Elfenbein & Bryon Hough	W
Exhibit Hall	Mastering Compulsory Beam	Nicole Langevin	W



NATIONAL CONGRESS & TRADE SHOW SCHEDULE

THURSDAY, AUGUST 12, 2010

Room	Topic	Speaker	Program
2:15-3:15 p.m. – THURSDAY, AUGUST 12			
Room 12/13	The Mechanics of Swing	Dr. Gerald George	SS
Room 14/15	Tumbl Trak and Trampoline Progressions	Ivan Ivanov	W
Room 16/17	Lesson Plans: The "How's" and "Whys"	Steve Greeley	ALL
Room 21	Claims and Lawsuits: The Who, What, Where, When and How they Happen When Working with Children	Michael Swain	RM
Room 22/23	Retention is the New Up! Customer systems that work	Patti Komara	B
Room 24/25	Performance Pay Plans: What makes a Good One And Why You Can NOT Afford a Bad One!	Jeff Metzger	B
Room 26	Strength and Conditioning Program Planning	J.D. Reive	M
Room 27	Horizontal Bar– Kovacs Development	Nori Iwai	M
Ballroom A	All For one! All ages Can Do this!	LindaThorberg	PRE/REC
Ballroom B	Coaching Level 4-6 Uneven Bars Part 2	Brad Harris	W
Ballroom C	Rhythm Expectations and Deductions for Connections on Beam	Marian Dykes & Cheryl Jarrett	W
Exhibit Hall	TeamGym: Technique and Training Tips Group Jump	Steve Whitlock	GG

3:30-4:30 p.m. – THURSDAY, AUGUST 12			
Room 12/13	Setting the Balance: Before Getting on the Beam	Lindsay Shaw	W
Room 14/15	TOPs Skills and Curriculum for Bars	Enrique Trabanino	W
Room 16/17	Rec Gymnastics; Philosophy and Progressions	Jeff Lulla	PRE/REC
Room 21	Annual Reviews: The Why and How	Dr. Pamela Evans	ALL
Room 22/23	Staff Performance Reviews That Have a Lasting Impact	Steve Greeley	B
Room 24/25	Should You Start a Profit Sharing/Bonus Plan For Your Small Biz?	Sean Dever	B
Room 26	Pommel Horse– Scissor and Scissor Handstand	Hideo Mizoguchi	M
Room 27	Leadership in Sport	Justin Spring	M
Ballroom A	Mom & Me: Developing the Relationship	Beth Gardner	PRE/REC
Ballroom B	Ways to Increase Speed, Endurance, and Cardio for the Gymnasts	Tamara Biggs	W
Ballroom C	Optional Beam Applying General Deductions	Char Christensen	W
Exhibit Hall	TeamGym: Technique and Training Tips Group Floor	Steve Whitlock	GG

ACRO=Acrobatic Program • W=Women's Program • M=Men's Program • RHY=Rhythmic Program
 PRE=Preschool • REC=Recreational • B=Business • SS=Sport Science • RM=Risk Management • GG=Group Gymnastics



Room	Topic	Speaker	Program
8:30-9:30 a.m. – FRIDAY, AUGUST 13			
Room 12/13	Twisting Basics	Dr. Peter Pidcoe	SS
Room 14/15	Bars – Pirouetting and Dismounts	Valeri Liukin	W
Room 16/17	Acro Basics – Part 1	Selena Peco	ACRO
Room 21	Introduction to TeamGym	Steve Whitlock	GG
Room 22/23	Managing Your Business in a “Recession” : Creating and Working with Budgets	Sean Dever	B
Room 24/25	Doing a Fitness Zone at an Event to help promote Your Gym and Engage the Audience	Denise Brumsey	B
Room 26	Still Rings – Bails and Dismounts	Tom Meadows	M
Room 27	Floor Exercise – Basic Skill Development for Combination Tumbling	Thom Glielmi	M
Ballroom A	Preschool Safety	Beth Gardner	PRE/REC
Ballroom B	Front and Back Tumbling	John Geddert	W
Ballroom C	The Dance Passage – Take Two – Floor Ex	Neela Nelson & Tom Koll	W

10:00-11:00 a.m. – FRIDAY, AUGUST 13			
Room 12/13	Core Strengthening for Back Pain	Dr. Peter Pidcoe	SS
Room 14/15	Yurchenko Progressions for Twisting Vaults	Ivan Ivanov	W
Room 16/17	Acro Basics – Part 2	Selena Peco	ACRO
Room 21	TeamGym...A Closer Look	Steve Whitlock	GG
Room 22/23	Hiring vs. Subcontracting vs. Leasing: Pros, Cons, Why, How, Examples	Jeff Metzger	B
Room 24/25	Creating a System to Objectively Track Business Performance	Randy Sikora	B
Room 26	Basic Still Rings Curriculum for Boys	Jeff Robinson	M
Room 27	Horizontal Bar – Tkatchev	Rustam Sharipov	M
Ballroom A	Uneven Bars – Before They Roll Over	Linda Thorberg	PRE/REC
Ballroom B	Yurchenko Progressions	John Geddert	W
Ballroom C	Uneven Bar Techniques	Connie Maloney & Neil Resnick	W
Exhibit Hall	Dance Complexes for Your Team	Nicole Langevin	W

1:00-2:00 p.m. – FRIDAY, AUGUST 13			
Room 12/13	Avoiding Re-injury During Recovery	Dr. Peter Pidcoe	SS
Room 14/15	Elite Developmental Skills and Curriculum - Bars	Tom Forster	W
Room 16/17	Developing a Cheer Program from Scratch	Christine Calvert & Jim Lord	CHEER
Room 21	Social Media: When, Where, Why and How to Use Social Networking	Samantha Kilgore	ALL
Room 22/23	The Primal 5:5 Priorities to Focus on to Grow Your Business	Randy Sikora	B
Room 24/25	Who has Your Back?	Deb Walls	B
Room 26	Basic Vault Curriculum for Boys	Jeff Robinson	M
Room 27	Vault– Essential Skills for 7.0+ Vaults	Sean Townsend	M
Ballroom A	National Preschool Survey Results	Patti Komara	PRE/REC
Ballroom B	Strength Training for the High School Age and College Athlete	Byron Knox	ALL
Ballroom C	Level 7 & 8 Vault - How to Separate the Good From the Best	Carole Bunge & Larry Goldsmith	W
Exhibit Hall	Elite Flexibility Circuit	Tamara Biggs	W



Room	Topic	Speaker	Program
2:15-3:15 p.m. – FRIDAY, AUGUST 13			
Room 12/13	Five Steps to Fix Fear	Dr Alison Arnold	SS
Room 14/15	TOPs and Elite Developmental Curriculum - Vault	Neil Resnick	W
Room 16/17	Stunt Technique Course	Christine Calvert & Jim Lord	CHEER
Room 21	Taking Your Risk Management Practices to Gold Level Performance – Gymnastics Claims History	Michael Swain	RM
Room 22/23	Training Character: The Values and Culture of Your Company	Steve Greeley	B
Room 24/25	How to Start a Special Needs Program In Your Gym.	Cindy Bickman	B
Room 26	Optional Routine Composition and E Panel Issues – A Judges Perspective FX/PH/SR	Mike Juszczuk	M
Room 27	Parallel Bars - Flipping Upper Arm and Support Skills	JinJing Zhang	M
Ballroom A	Balance Beam is Not Boring!	Linda Thorberg	PRE/REC
Ballroom B	Understanding Prep-Opt: Get With the Program	Tom Koll & Kathy Ostberg	W
Ballroom C	Compositional Deductions on Bars	Connie Maloney	W
Exhibit Hall	Build Me Up Buttercup	Bonnie Butsch & Joe Groves	ALL

3:30-4:30 p.m. – FRIDAY, AUGUST 13			
Room 12/13	Creating the Perfect Parent	Dr Alison Arnold	SS
Room 14/15	TOPs and Elite Developmental Program Overview	Gary Warren	W
Room 16/17	To Push or Not to Push - The Ultimate Question for Coaches	David Benzel & Wendy Bruce	ALL
Room 21	Shoulder Strength Stability	Darrell Barnes	SS
Room 22/23	Creating Your Gyms' Operations Manual	Patti Komara	B
Room 24/25	Marketing Part 2 - Your Internal Image	Jeff Lulla	B
Room 26	Elite Athlete Development – The Path	Kevin Mazeika	M
Room 27	Optional Routine Composition and E Panel Issues – A Judge's Perspective	Troy Stewart	M
Ballroom A	Best Music for Recreational & Preschool Classes	Dr. Pamela Evans	PRE/REC
Ballroom B	Developmental Dance	Antonia Markova	W
Ballroom C	Vaulting: Fine Tuning the Deductions	Sharon Weber & Carole Bunge	W
Exhibit Hall	Positive and Fun Games to Add to Gymnastics Classes	Brant Lutska	PRE/REC

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Room	Topic	Speaker	Program
8:30-9:30 a.m. – SATURDAY, AUGUST 14			
Room 12/13	Peroneal Tendon Injuries: When it's Not an Ankle Sprain!	Dr. Michael Canales	SS
Room 14/15	Bars - Big Releases	Neil Resnick	W
Room 16/17	Elevators 101—A Breakdown of the Skills Similar to a Gymnastics Technique Session	Christine Calvert & Jim Lord	CHEER
Room 21	LSS: Loss Skill Syndrome – What to Do	Dr. Scott Lineberry	ALL
Room 22/23	How to Solve the Mystery of Motivation	David Benzel & Wendy Bruce	ALL
Room 24/25	Hands Off Ownership	Jeff Lulla	B
Room 26	Developing a Boys Club Program	Bill Foster	M
Room 27	Parallel Bars – Underswing Development	Dr. Cimin Liang	M
Ballroom A	The Elite Process and Selection into Camps – How/What to Put on Video Tapes	Kristie Phillips-Bannister	W
Ballroom B	Coaching Advanced Front Entry Vaults	Bryon Hough	W
Ballroom C	NAWGJ Open Meeting	Carole Ide	W

10:00-11:00 a.m. – SATURDAY, AUGUST 14			
Room 12/13	Achilles Tendon Rupture: It's Not a Career Ender!	Dr. Michael Canales	SS
Room 14/15	Shaping for Gymnastics	Enrique Trabanino	W
Room 16/17	The Mechanics of Impact	Dr. Gerald George	SS
Room 21	College Recruiting 101	Tom Kovic	ALL
Room 22/23	Training Skill: Curriculum and Class Structure	Steve Greeley	B
Room 24/25	Tumblebus: Increasing your B by Taking Gymnastics to the Schools/Community	Brenda Sharlow	B
Room 26	Basic Parallel Bars Curriculum for Boys	Jeff Robinson	M
Room 27	Trampoline to Apparatus Correlation	Kelly Crumley	M
Ballroom A	Gymnastics for Autism Achievement Program	Blair Youmans	ALL
Ballroom B	2013-2020 Women's Compulsory Sneak Preview	Tom Koll	W
Ballroom C	Level 9-10 Practicing Judging on Vault	Connie Maloney	W
Exhibit Hall	Latest Greatest Equipment	Brant Lutska	PRE/REC

1:00-2:00 p.m. – SATURDAY, AUGUST 14			
Room 12/13	The Seven Qualities of Legendary Coaches	Dr Alison Arnold	SS
Room 14/15	Advanced Tumbling	Ivan Ivanov	W
Room 16/17	The Mechanics of Rotation and Twisting	Dr. Gerald George	SS
Room 21	Youth Leadership: An Ethical Approach to Team Dynamics	Tom Kovic	ALL
Room 22/23	The 7 Rules for Closing Classes	Patti Komara	B
Room 24/25	Who Can You Really Trust?	Deb Walls	B
Room 26	Basic Horizontal Bar Curriculum for Boys	Jeff Robinson	M
Room 27	NCAA New Programs and New Collegiate Clubs – Growing the Sport	A.J. Banker	M
Ballroom A	What Do YOU Do? Roundtable Discussion	Brant Lutska	PRE/REC
Ballroom B	Cutting Off Fear before they begin.	Bryon Hough	W
Ballroom C	Collegiate Judging	Linda Thorberg	W



Room	Topic	Speaker	Program
2:15-3:15 p.m. – SATURDAY, AUGUST 14			
Room 12/13	Commit to Hit: How to Make it Happen When It is Time	Dr Alison Arnold	SS
Room 14/15	Bars – Invert Skills and Elite Development	Tom Forster	W
Room 16/17	Let’s Build a Trampoline & Tumbling Program in Your Gym	Shelly Proa	T & T
Room 21	There’s a Place for YOU in the 2011 World Gymnaestrada	Steve Whitlock	GG
Room 22/23	USA Gymnastics University-Level 2 course B College Part 1	Frank Sahlein	B
Room 24/25	Surviving the Economic Downturn How to Improve Your Bottom Line	Sean Dever	B
Room 27	Age Group Competition Program Planning	Dusty Ritter	M
Ballroom A	The Little Things About Gymnastics	Brant Lutska	PRE/REC
Ballroom B	Preparing your Level 4 to Move up the Levels on Beam	Linda Johnson & Cheryl Jarrett	W
Ballroom C	Optional FX - Applying Compositional Deductions	Myra Elfenbein	W

3:30-4:30 p.m. – SATURDAY, AUGUST 14			
Room 12/13	Conservative Treatment of Sports Injuries	Dr. Scott Gillman	SS
Room 14/15	Elite Level Conditioning.	Neil Resnick	W
Room 16/17	Basic Trampoline & Tumbling Coaching Techniques for the Gymnastics Coach	Shelly Proa	T & T
Room 21	Gymnastics For All Open Forum	Steve Whitlock	GG
Room 22/23	USA Gymnastics University-Level 2 course B College – Part 2	Frank Sahlein	B
Room 24/25	Growing Your Special Needs Program in Your Community.	Cindy Bickman	B
Room 26	JO Rhythmic Program 2011: Introductory Routines for Levels 3-5	Elena Savenkova	RHY
Room 27	NCAA Recruiting	Mike Burns	M
Ballroom A	Instilling Artistry	Nicole Langevin	W
Ballroom B	Overshoots and Straddle Backs -A Recipe to Success	Michael Durante	W
Ballroom C	Judging Artistry, Presentation, Tempo, Rhythm, Footwork, and Exactness of Turns	Tamara Biggs	W

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