

**REGION 6 CONGRESS – PRELIMINARY SCHEDULE**

**Friday August 15, 2008**

\* Lectures designated for CPE Credit

7/29/08

	<b>Men</b>	<b>General / Wellness</b>	<b>Business</b>	<b>Women’s Officials*</b>	<b>Coaching*</b>	<b>Recreational</b>	<b>Coaching*</b>
	<b>Salon A</b>	<b>Salon B</b>	<b>Salon C – D</b>	<b>Salon E</b>	<b>Salon F</b>	<b>N. E. Suites</b>	<b>Brestyan’s Gymnastics</b>
9:00 – 10:00	Davenport  Welcome to Men’s Gymnastics!	Kovic  Organizing & Managing the College Recruiting Process	Wood  What You Need to Know Before You Borrow Money	Sielski  Tax Tips for Judges	Koll  What Makes a Good Level 7 Routine [Good for Coaches and Judges]	Parrish  Bringing Basics Back to Our Workouts	Villegas  Developmental Conditioning
10:15 – 11:15	Furney  Still Rings – Help Me Swing Please!	Kovic  The Fire from Within: Developing Competition Readiness	Parrish  Round Table Discussion on Special Events That Create Additional Income	Sielski / Caspare  Get Smart! Level 9/10 UB	S. Rybacki  Vault – The Underlying Principles to Success	Koll  Level 1 – 3 Floor Skills & Drills	B. Rybacki  Active Stretching & Plyometric Complex for Balance Beam
11:15 – 11:45	Coffee Break Door Prizes – Salon G - J						
11:45 – 12:45	Lanpher  Why Your Gym Needs Circus Arts	K. Caspare  Recognition of Injury: Warning Signs & Symptoms	Koll  Dealing Positively With Your Staff	DeCristoforo  Spotlighting & Comparing Height of Acro Skills - FX	S. Rybacki  Uneven Bar Release Skills The Underlying Principles to Success	Parrish  Preschool Musical Warm-ups and Ending Activities	B. Rybacki  Active Stretching & Plyometric Complex for Floor Exercise
12:45 – 2:00	LUNCH Door Prizes Salon G - J						
2:00 – 3:00	Lanpher  How to Incorporate Circus Arts Into Your Recreational Program	K. Caspare  The Most Common Gymnastic Injuries & Exercises to Treat Them	Holcomb  Business Basics for Gymnastics Club Owners Part I	Sielski / Caspare  Ready, Set – Start! Level 9/10 BB	Koll  Training Compulsory Skills on Floor	Parrish  Develop the Cartwheel and Keep Them in Your Gym!	Knox  Transitional Releases Low to High Bar & Vice Versa
3:15 – 4:15	Furney  FX – What to Know and What to Skip	Moisescu  101 – How to Start a Rhythmic Program	Holcomb  Business Basics for Gymnastics Club Owners Part II	Koll  Common Compulsory Trouble Areas	S. Rybacki  Plan for Success Training, Meets & Workouts	Parrish  Conditioning Games for Birthday Parties, Special Events, Open Gym	Knox  Teaching a Good Flyaway
4:30 – 5:30	Furney  Future Star Gymnasts and How to Train Hard Routines	K. Caspare  The Importance of Evaluation and Individualized Strength and Conditioning Training	Wood  Keep the Cash Flowing	Ostberg  Judging Prep Opt Routines	B. Rybacki  Seasonal Planning Ideas for Balance Beam	Koll  Level 1 – 3 BB Skills & Drills	Ivanov  Developing Basic Tumbling. Do it Right the First Time.



**Auction to Benefit Children’s Miracle Network!**  
**Friday – August 15<sup>th</sup>**  
**Ballroom Foyer**  
**5:30 PM – 7:30 PM**

**Saturday August 16, 2008**

\*Lectures designated for CPE Credit

	<b>Men</b>	<b>Business / Other</b>	<b>Wellness / Business</b>	<b>Women's Officials*</b>	<b>Coaching*</b>	<b>Recreational</b>
	<b>Salon A</b>	<b>Salon B</b>	<b>Salon C – D</b>	<b>Salon E</b>	<b>Salon F</b>	<b>N. E. Suites</b>
9:00 – 10:00	Furney  Strategies for Retention of Older Boys in Gymnastics	Holcomb  Real Estate for Gymnastics School Owner Part I	Arnold  Master Coach From A – Z	Goldsmith  J. O. Update	Harris  Drills & Skills for Compulsory UB	LeRoux  Effective Fundamental Class Management Preschool / Kinder Gym
10:15 – 11:15	Furney  Pommel Horse for Idiots	Holcomb  Real Estate for Gymnastics School Owner Part II	Arnold  How to Create a Fierce Competitor	DeCristoforo  What Happens When....?	Harris  Drills & Skills for Level 8 – 9 UB	Thorberg  Beam Bonanza
11:15 – 11:45	Coffee Break Door Prizes Salon G - J					
11:45 – 12:45	Furney  Pommel Horse for the Win! Optional Development	Lyons  Stunts; Jumps and Tumbling for Cheerleaders	Holcomb  Turbo Charge Your Pre-School Program	Thorberg  Optional Bars – Releases & Dismounts	Harris  Level 4 – 6 Handspring Vaulting	Lutska  Tips for Pre-school Teachers
12:45 – 2:00	LUNCH Door Prizes Salon G - J					
2:00 – 3:00	Furney  The 5 Skills I Have To Know for P-Bars	Montanari  The Details of Risk Managemnet	Arnold  Coaching Across the Spectrum	Hamilton  Optional BB– Acro A Report Card	Retrosi  Developing Round Off Entry Vaults	Lutska  Lesson Planning for the Year
3:15 – 4:15	Furney  Do I Have to Let Go of the Bar! What Release to Teach First.	Feldmann  USA Gymnastics & Member Clubs – A Partnership	R. Silverman  Turning Quitters into Keepers: Strategies to Win the Retention Battle	Thorberg  Optional UB Circles & Pirouettes	Harris  Optional Development Supplementing Your Compulsory Program for Success	LeRoux  Safety Considerations for Preschool / Kinder Gym
4:30 – 5:30	Furney  Dismounts on P-Bars	Tiess  Pre-Elite / TOPs Update	J. Silverman  The Dirty Little Secrets to Success: 7 Ways to Build Your Gym and Work Smarter not Harder	Hamilton  Can You See the Difference? Optional Vault	Harris  Ideas for Conditioning the J. O. Athlete	Thorberg  The Latest Greatest Equipment

**REGION 6 CONGRESS CELEBRATION AND DANCE PARTY  
BALLROOM  
7:00 PM**

**Sunday August 17, 2008**

\*Lectures designated for CPE Credit

	<b>Men</b>	<b>Business / Other</b>	<b>Women's Officials*</b>	<b>Coaching*</b>	<b>Recreational</b>
	<b>Salon A – B</b>	<b>Salon C</b>	<b>Salon E</b>	<b>Salon F</b>	<b>N. E. Suites</b>
9:00 – 10:00	Davenport  I Wanna Quit – It's Not Fun' How to Keep Our Students	Colburn  Collegiate Judging	Sielski & Caspare  Where Do We Start? Level 7/8 UB	Retrosi  Intermediate Round off Entry Vaults	Thorberg  Do's & Don'ts for Preschool
10:15 – 11:15	Davenport  Ring Strength – Getting Stronger	Dever  Should You Start a Profit Sharing or Bonus Plan	Hamilton  Beam and Floor Dance – A Report Card	Retrosi  Intermediate Tumbling	Thorberg  Stations – Stations – Stations
11:30 – 12:30	Davenport  Jam Development on Bars [Girls & Boys]	Dever  Best Tax Tips for 2008	Hamilton  A Report Card for Floor Acro Skills	Retrosi  Tumbling for BONUS!	Lutska  Staffing & Training Preschool Teachers
1:00 – 5:00	PRESCHOOL FUNDAMENTALS H.O.T. Course				