



USA Gymnastics
National Congress
 Trade Show Hartford • 2010

2010 National Congress and Trade Show
 Presenters and Topics
 Connecticut Convention Center
 August 12-14th

Please see below for a complete list of presenters, topics as of July 7, 2010

All information is subject to change.

Please www.usagymnasticsnationalcongress.org for the more information.

Pre-Registration Ends – July 15th

Business Sessions

Thursday – August 12th

8:30-9:30	Randy Sikora	Bringing out the Best in Your Staff
8:30-9:30	Denise Brumsey	Getting Field Trips Into Your Gym And Building Clientele
10:00-11:00	Frank Sahlein	Applying Brain Development Principles to Your People, Programs and Marketing
10:00-11:00	Denise Brumsey	TFC and Fundraising for CMN
1:00-2:00	Jeff Metzger	Hiring vs. Subcontracting vs. Leasing: Pros, Cons, Why, How, Examples.
1:00-2:00	Jeff Lulla	Marketing Part 1 - Your External Image
2:15-3:15	Patti Komara	Retention is the New Up! (Customer systems that work)
2:15-3:15	Jeff Metzger	Responsibility: How to Inspire it and Why Most Leadership Styles Inhibit It
3:30-4:30	Steve Greeley	Staff Performance Reviews That Have a Lasting Impact
3:30-4:30	Sean Dever	Should You Start a Profit Sharing/Bonus Plan For Your Small Business?



Friday-August 13th

8:30-9:30	Sean Dever	Managing Your Business in a "Recession" Creating and Working with Budgets
8:30-9:30	Denise Brumsey	Doing a FitnessZone at an Event to help promote Your Gym and Engage the Audience
10:00-11:00	Jeff Metzger	Incentive Pay Plans: What makes a Good One and Why You Can NOT Afford a Bad One!
10:00-11:00	Randy Sikora	Creating a System to Objectively Track Business Performance
1:00-2:00	Randy Sikora	The Primal 5: 5 Priorities to Focus on to Grow Your Business
1:00-2:00	Deb Walls	Who has Your Back?
2:15-3:15	Steve Greeley	Training Character: The Values and Culture of Your Company
2:15-3:15	Cindy Bickman	How to Start a Special Needs Program In Your Gym.
3:30-4:30	Patti Komara	Creating Your Gyms' Operations Manual
3:30-4:30	Jeff Lulla	Marketing Part 2 - Your Internal Image

Saturday-August 14th

8:30-9:30	Jeff Lulla	Hands Off Ownership
8:30-9:30	Steve Greeley	Training Skill: Curriculum and Class Structure
10:00-11:00	Brenda Sharlow	Tumblebus: Increasing your Business by Taking Gymnastics to the Schools/Community
10:00-11:00	Patti Komara	The 7 Rules for Closing Classes
1:00-2:00	Deb Walls	Who Can You Really Trust?
1:00-2:00	Frank Sahlein	USA Gymnastics University-Level 2 course Business College Part 1
2:15-3:15	Sean Dever	Surviving the Economic Downturn How to Improve Your Bottom Line
2:15-3:15	Frank Sahlein	USA Gymnastics University-Level 2 course Business College - Part 2



3:30-4:30	Cindy Bickman	Growing Your Special Needs Program in Your Community.
3:30-4:30	Jeff Lulla	Hands Off Ownership

Preschool/Recreation Sessions

Thursday-August 12th

10:00-11:00	Brant Lutska	OH Baby! Let's Have Fun
1:00-2:00	Brant Lutska & Linda Thorberg	Marvelous Music
2:15-3:15	LindaThorberg	All For one! All ages Can Do this!
3:30-4:30	Beth Gardner	Mom & Me: Developing the Relationship

Friday-August 13th

8:30-9:30	Beth Gardner	Preschool Safety
10:00-11:00	Linda Thorberg	Uneven Bars - Before They Roll Over
1:00-2:00	Patti Komara	National Preschool Survey Results
2:15-3:15	Linda Thorberg	Balance Beam is Not Boring!
3:30-4:30	Dr Pamela Evans	Best Music for Recreational & Preschool Classes

Saturday-August 14th

10:00-11:00	Brant Lutska	Latest Greatest Equipment
1:00-2:00	Brant Lutska	What Do YOU Do? Roundtable Discussion
2:15-3:15	Brant Lutska	The Little Things About Gymnastics

Sport Science Sessions

Thursday-August 12th

10:00-11:00	Dr Jerry George	Ten Key Factors for Success in Gymnastics
1:00-2:00	Dr Jerry George	Five Basic Principles for Refining Gymnastics Movement
2:15-3:15	Dr Jerry George	The Mechanics of Swing

Friday-August 13th

8:30-9:30	Dr. Peter Pidcoe	Twisting Basics
-----------	------------------	-----------------



10:00-11:00	Dr. Peter Pidcoe	Core Strengthening for Back Pain
1:00-2:00	Dr. Peter Pidcoe	Avoiding Re-injury During Recovery
2:15-3:15	Dr Alison Arnold	Five Steps to Fix Fear
3:30-4:30	Dr Alison Arnold	Creating the Perfect Parent
3:30-4:30	Darrell Barnes	Shoulder Strength Stability

Saturday-August 14th

8:30-9:30	Dr. Michael Canales	Peroneal Tendon Injuries: When it's Not an Ankle Sprain!
10:00-11:00	Dr. Michael Canales	Achilles tendon Rupture: It's Not a Career Ender!
1:00-2:00	Dr Jerry George	The Mechanics of Impact
2:15-3:15	Dr Alison Arnold	The Seven Qualities of Legendary Coaches
3:30-4:30	Dr. Jerry George	The Mechanics of Rotation and Twisting

Safety/Risk Management Sessions

Thursday-August 12th

8:30-9:30	Scott Himsel & Patrick O'Connor	Dealing with Sexual Misconduct Issues. This is Your Responsibility.
10:00-11:00	Scott Himsel & Patrick O'Connor	Risk Management and Crisis Communication A Must for All Owners, Directors, Volunteers
1:00-2:00	Patrick O'Connor & all	Panel of Insurance Experts to Answer All Your Questions and Concerns. Bring it on!
2:15-3:15	Michael Swain	Claims and Lawsuits: The Who, What, Where, When and How they Happen When Working with Children

Friday-August-13th

2:15-3:15	Michael Swain	Taking Your Risk Management Practices to Gold Level Performance - Gymnastics Claims History.....
-----------	---------------	--



Women's Program Sessions

Thursday-August 12th

8:30-9:30	Linda Thorberg	Compositional Deductions on Balance Beam
8:30-9:30	Neela Nelson/Tom Koll	The Dance Passage - Take Two - Floor Ex
8:30-9:30	Tom Koll/Connie Maloney	JO UPDATE
8:30-9:30	Tammy Biggs	Beam Tumbling & Leap Circuit
8:30-9:30	Cheryl Jarrett/Larry Goldsmith	Perspective - Level 5/6. Beam, Bars, Floor; Seeing Good to Best-Paying attention to Details
8:30-9:30	Kristie Phillips-Bannister	The Elite Process and Selection into Camps – How/What to Put on Video Tapes
10:00-11:00	Myra Elfenbein/Tom Koll	Optional FX - Applying General Deductions
10:00-11:00	Brad Harris	Coaching Women's Compulsory Vault
10:00-11:00	Tammy Biggs	TOPS, Developmental and Elite Beam Circuit
1:00-2:00	Myra Elfenbein/Bryon Hough	Casting and Clear Hip Angles
1:00-2:00	Brad Harris	Coaching Level 4-6 Uneven Bars Part 1
1:00-2:00	Ivan Ivanov	TOPs Skills and Curriculum Tumbling
1:00-2:00	Nicole Langevin	Mastering Compulsory Beam
2:15-3:15	Marian Dykes/Cheryl Jarrett	Rhythm Expectations and Deductions for Connections on Beam
2:15-3:15	Brad Harris	Coaching Level 4-6 Uneven Bars Part 2
2:15-3:15	Ivan Ivanov	Tumbl Trak and Trampoline Progressions
3:30:4:30	Char Christensen	Optional Beam Applying General Deductions
3:30:4:30	Tammy Biggs	Ways to Increase Speed, Endurance, and Cardio for the Gymnasts
3:30:4:30	Enrique Trabanino	TOPs Skills and Curriculum for Bars
3:30:4:30	Lindsay Shaw	Setting the Balance: Before Getting on the Beam



National Congress Presenter Schedule as of July 7, 2010

Friday-August 13th

8:30-9:30	Antonia Markova	Developmental Dance
8:30-9:30	Valeri Liukin	Bars - Pirouetting and Dismounts
10:00-11:00	Connie Maloney/Neil Resnick	Uneven Bar Techniques
10:00-11:00	Tom Koll/Kathy Ostberg	Understanding Prep-Opt / Get with the Program
10:00-11:00	Ivan Ivanov	Yurchenko Progressions for Twisting Vaults
10:00-11:00	Carole Bunge/Larry Goldsmith	Level 7 & 8 Vault - How to Separate the Good From the Best
1:00-2:00	Tom Forster	Elite Developmental Skills and Curriculum - Bars
1:00-2:00	John Geddert	Front and Back Tumbling
2:15-3:15	Neil Resnick	TOPs and Elite Developmental Curriculum - Vault
2:15-3:15	Gary Warren	TOPs and Elite Developmental Program Overview
3:30-4:30	Sharon Weber /Carole Bunge	Vaulting: Fine Tuning the Deductions
3:30-4:30	John Geddert	Yurchenko Progressions

Saturday-August 14th

8:30-9:30	Carole Ide	NAWGJ Open Meeting
8:30-9:30	Bryon Hough	Coaching Advanced Front Entry Vaults
8:30-9:30	Neil Resnick	Bars - Big Releases
10:00-11:00	Connie Maloney	Level 9 - 10 Practicing Judging on Vault
10:00-11:00	Tom Koll	2013 - 2020 Women's Compulsory Sneak Preview
10:00-11:00	Enrique Trabinano	Shaping for Gymnastics
1:00-2:00	Linda Thorberg	Collegiate Judging
1:00-2:00	Bryon Hough	Cutting Off Fear before they begin.
1:00-2:00	Ivan Ivanov	Advanced Tumbling
2:15-3:15	Linda Johnson/Cheryl Jarrett	Preparing your Level 4 to Move up the Levels Beam and Floor
2:15-3:15	Tom Forster	Bars - Invert Skills and Elite Development Footwork, and Exactness of Turns
3:30-4:30	Tammy Biggs	Judging Artistry, Presentation, Tempo, Rhythm,
3:30-4:30	Michael Durante	Overshoots and Straddle Backs - A Recipe to Success



3:30-4:30	Neil Resnick	Elite Level Conditioning.
3:30-4:30	Nicole Langevin	Instilling Artistry

Men's Program Sessions

Thursday-August 12th

8:30-9:30	Vitaly Marinitch	HB – Jam and Takamoto
8:30-9:30	Xiao Yuan	PH – Superior Circle and Travel Development
10:00-11:00	Jeff Robinson	Basic FX Curriculum for Boys
10:00-11:00	Randy Jepson	SR – Strength Developmental for Rings
1:00-2:00	Jeff Robinson	Basic PH Curriculum for Boys
1:00-2:00	Yin Alvarez	PB - Peach Basket
2:30-3:30	JD Reive	Strength and Conditioning Program Planning
2:30-3:30	Norimassa Iwai	HB – Kovacs Development
3:30-4:30	Hideo Mizoguchi	PH – Scissor and Scissor Handstand
3:30-4:30	Justin Spring	Leadership in Sport

Friday-August 13th

8:30-9:30	Tom Meadows	SR – Bails and Dismounts
8:30-9:30	Thom Glielmi	FX – Basic Skill Development for Combination Tumbling
10:00-11:00	Jeff Robinson	Basic SR Curriculum for Boys
10:00-11:00	Dusty Ritter	Age Group Competition Program Planning
1:00-2:00	Jeff Robinson	Basic V Curriculum for Boys
1:00-2:00	Sean Townsend	V – Essential Skills for 7.0+ Vaults
2:30-3:30	Mike Juszczyk	Optional Routine Composition and E Panel Issues – A Judges Perspective FX/PH/SR
2:30-3:30	JinJing Zhang	PB - Flipping Upper Arm and Support Skills
3:30-4:30	Kevin Mazeika	Elite Athlete Development – The Path
3:30-4:30	Rustam Sharipov	Horizontal Bar – Tkatchev

Saturday-August 14th

8:30-9:30	Bill Foster	Developing a Boys Club Program
8:30-9:30	Cimin Liang	PB – Underswing Development
10:00-11:00	Jeff Robinson	Basic PB Curriculum for Boys
10:00-11:00	Kelly Crumley	Trampoline to Apparatus Correlation



1:00-2:00	Jeff Robinson	Basic HB Curriculum for Boys
1:00-2:00	A.J. Banker	NCAA New Programs and New Collegiate Clubs – Growing the Sport
2:30-3:30	Troy Stewart	Optional Routine Composition and E Panel Issues – A Judge's Perspective V/PB/HB
3:30-4:30	Mike Burns	NCAA Recruiting
3:30-4:30	Bill Foster	Developing a Boys Club Program

Trampoline & Tumbling Program Sessions

Saturday-August 14th

2:15-3:15	Shelly Proa	Let's Build a Trampoline & Tumbling Program in Your Gym
3:30-4:30	Shelly Proa	Basic Trampoline & Tumbling Coaching Techniques for the Gymnastics Coach

Rhythmic Program Sessions

Thursday-August 12th

10:00-11:00	Tracey Callahan Molnar	Building Blocks for Preschool Rhythmic-Part 1
1:00-2:00	Tracey Callahan Molnar	Building Blocks for Preschool Rhythmic-Part 2

Saturday-August 14th

3:30-4:30	Elena Savenkova	JO Rhythmic Program 2011: Introductory Routines for Levels 3-5
-----------	-----------------	--

Sports Acrobatic Program Sessions

Friday-August 13th

8:30-9:30	Selena Peco	Acro Basics-Part 1
10:00-11:00	Selena Peco	Acro Basics-Part 2



Gymnastics For All (GG) Program Sessions

Thursday-August 12th

2:15-3:15	Steve Whitlock	TeamGym: Technique and Training Tips Group Jump
3:30-4:30	Steve Whitlock	TeamGym: Technique and Training Tips Group Floor

Friday-August 13th

8:30-9:30	Steve Whitlock	Introduction to TeamGym
10:00-11:00	Steve Whitlock	TeamGym....A Closer Look
2:15-3:15	Steve Whitlock	There's a Place for YOU in the 2011
3:30-4:30	Steve Whitlock	Gymnastics For All Open Forum

Cheerleading Sessions

Friday-August 13th

1:00-2:00	Christine Calvert & Jim Lord	Developing a Cheer Program from Scratch
2:15-3:15	Christine Calvert & Jim Lord	Stunt Technique Course

Saturday-August 14th

1:00-2:00	Christine Calvert & Jim Lord	Elevators 101- A Breakdown of the Skills Similar to a Gymnastics Technique Session
-----------	------------------------------	--

Sessions for All Areas

Thursday-August 12th

8:30-9:30	Dr. Pamela Evans	Creative Lesson Planning
10:00-11:00	Byron Knox	Preparing Your Athlete for Collegiate Gymnastics
1:00-2:00	Sam Kilgore	Social Media: When, Where, Why and How to Use Social Networking
2:15-3:15	Steve Greeley	Lesson Plans: The "How's" and "Whys"
3:30-4:30	Dr. Pamela Evans	Annual Reviews: The Why and How



Friday-August 13th

10:00-11:00	Nicole Langevin	Dance Complexes for Your Team
1:00-2:00	Tammy Biggs	Elite Flexibility Circuit
1:00-2:00	Byron Knox	Strength Training for the High School Age and College Athlete
2:15-3:15	Bonnie Butsch & Joe Groves	Build Me Up Buttercup
3:30-4:30	Brant Lutska	Positive and Fun Games to Add to Gymnastics Classes
3:30-4:30	David Benzel/Wendy Bruce	To Push or Not to Push - The Ultimate Question for Coaches

Saturday-August 14th

8:30-9:30	Scott Lineberry	LSS: Loss Skill Syndrome - What to Do
8:30-9:30	David Benzel & Wendy Bruce	How to Solve the Mystery of Motivation
10:00-11:00	Tom Kovic	College Recruiting 101
10:00-11:00	Blair Youmans	Gymnastics for Autism Achievement Program
1:00-2:00	Tom Kovic	Youth Leadership: An Ethical Approach to Team Dynamics

