

7/8/11

FRIDAY – AUGUST 5, 2011 SUBJECT TO CHANGE

	COACHING	WOMEN'S OFFICIALS	COACHING	GENERAL	RECREATIONAL
	CHARLES RIVER	SALON D	SALON E	SALON G/H	COMMONWEALTH IV
	Theatre 150	School Room 120	Theatre 150	Theatre 75	Theatre 100
9:00 – 10:00		JUDGING LECTURE TITLE TBA	Tom Koll 2013 Women's Compulsory Routines A Sneak Preview	Frank Sahlein Marketing in Experience Economy	Linda Thorberg 50 Great Rules for Teaching Preschool Gymnastics
10:15 – 11:15	Jamie Winkler Developing Creativity and Artistry.	JUDGING LECTURE TITLE TBA	Tom Koll Coaching Styles to get the job done!	Frank Sahlein Building a Marketing Plan Around a Customer Life Span	Tony Retrosi Basic Bars for Recreational Classes
11:15 – 11:45					
11:45 – 12:45	Brad Harris Compulsory Bars Part I	JUDGING LECTURE TITLE TBA	Tony Retrosi Coaches as Educators	Martha Lally How to Start a Team Gym Program	Tom Koll Recreational Classes Set up / Structure / FUN
12:45 – 2:00					
2:00 – 3:00	Brad Harris Compulsory Bars Part II	JUDGING LECTURE TITLE TBA	Tammy Biggs TOPs Skills and Curriculum on Floor	Frank Sahlein Connecting Part I Public Relations	Tom Koll Balance Beam for Recreational Classes
3:15 – 4:15	Brad Harris Handspring Vault Development	JUDGING LECTURE TITLE TBA	Tony Retrosi Front and Back Tumbling	Tom Koll Dealing Positively with your Staff	Bonnie Butsch Build Me up Buttercup!
4:30 – 5:30	Tom Koll Level 5/6 Compulsory Beam and Floor Are you still doing it Correctly?	JUDGING LECTURE TITLE TBA	Ivan Ivanoff TOPs Skills and Curriculum on Tumbling	Frank Sahlein Connecting Part II Social Media	Linda Thorberg Getting Started and Confident with Parent and Child Classes

**REGION 6 CONGRESS CELEBRATION AND DANCE PARTY
BALLROOM
Cocktails 6:30 PM - Dinner 7:00 PM**

SATURDAY – AUGUST 6, 2011

	COACHING	WOMEN'S OFFICIALS	COACHING	GENERAL	RECREATIONAL	EXXCEL GYMNASTICS
	CHARLES RIVER	SALON D	SALON E	SALON G/H	COMMONWEALTH IV	
9:00 – 10:00	Tammy Biggs Beam Developmental Skills and Curriculum	JUDGING LECTURE TITLE TBA	Brad Harris Level 7/8 Bars	Frank Sahlein Management – Strategies to Render the Competition Irrelevant!	Linda Thorberg / Brant Lutska Move to the Music!	
10:15 – 11:15	Alison Arnold The Type A Gymnast. How to Deal with Power, Promise and Perfectionism	JUDGING LECTURE TITLE TBA	Brad Harris Compulsory Tumbling	Frank Sahlein Finance – Finding Money in your Existing Operations.	Linda Thorberg / Brant Lutska Vaulting / TT / Trampoline	
11:15 – 11:45						
11:45 – 12:45	Tammy Biggs Acro & Mixed Connections on Balance Beam	J.O. UPDATE	J.O. UPDATE	Lauren Muldonado Concussions in Sport	Tony Retrosi Basic Floor for Recreational Classes, Including the Back Handspring	
12:45 – 2:00						
2:00 – 3:00	Tammy Biggs Beam / Floor: Training Leaps	JUDGING LECTURE TITLE TBA	Alison Arnold Being a Healthy Coach Keeping yourself in one piece when you are being pulled in all directions	Frank Sahlein Key Managers Creating Living, Breathing Position Descriptions	Linda Thorberg Brain Games Gymnastics Activities that promote Reading Readiness	Mihai Brestyan Tumbling
3:15 – 4:15	Ivan Ivanoff Yurchenko Development / Progressions	JUDGING LECTURE TITLE TBA	Byron Knox Strength Training for the High School and College Age Athlete	Frank Sahlein Trends and New Programming in Children's Activity Centers	Brant Lutska Oh Baby, Take 2 Let's Have FUN!	Jacqui Olsen Hands on Spotting Tumbling
4:30 – 5:30	Tony Retrosi Developing Release Moves	JUDGING LECTURE TITLE TBA	Alison Arnold Shocks, Stops, Balks and Blocks. 10 Crazy Solutions for fear before you go crazy	Byron Knox Preparing your Athlete for Collegiate Gymnastics	Brant Lutska Active Participation Games	Jacqui Olsen Hands on Spotting Uneven Bars

**HOSPITALITY - COMMONWEALTH ROOM
THANK YOU REGION 6 FROM USA GYMNASTICS EASTERN CHAMPIONSHIPS
5:30 PM – 7:00 PM**

SUNDAY – AUGUST 7, 2011

	WOMEN'S OFFICIALS	COACHING	GENERAL	RECREATIONAL
	SALON D	SALON E	SALON G / H	COMMONWEALTH
9:00 – 10:00	JUDGING LECTURE TITLE TBA	Ivan Ivanoff Tumble Trak and Trampoline Progressions	Rett Ware TOPs Program Specific Conditioning to Improve Physical Abilities	Linda Thorberg / Brant Lutska New Ideas for Bars and Beam for Preschoolers / Recreation
10:15 – 11:15	JUDGING LECTURE TITLE TBA	Tammy Biggs Developing Core Strength	Rachel Brazo Sexual Misconduct	Linda Thorberg Props with a Purpose!
11:30 – 12:30	JUDGING LECTURE TITLE TBA	Ivan Ivanoff Advanced Tumbling		Brant Lutska Roundtable What do YOU do?
1:00 – 5:00				H.O.T



DIRECTIONS EXXCEL GYMNASTICS 88 WELLS AVE NEWTON, MA

TO: Exxcel Gymnastics

Rte 95 South
Take Exit # 19B HIGHLAND AVE
Turn slight right onto HIGHLAND AVE [0.1 mile]
Turn left onto HUNTING RD [0.6 mile]
Turn Left on KENDRICK ST [0.6 mile]
KENDRICK ST becomes NAHANTON ST
Turn right onto WELLS AVE
EXXCEL GYMNASTICS will be on your left [0.4 mile]

TO: MARRIOTT

Take a right out of Exxcel parking lot
Turn left onto NAHANTON ST
NAHANTON ST becomes KENDRICK ST
Turn right onto 4th AVE
4th AVE becomes 2nd AVE
Turn left onto HIGHLAND AVE
Merge onto I-95 North / MA 128
Merge onto EXIT #24 – Rte 30 E