

Doors Open at 8am

Lunch will be available on Saturday for \$7

**\*\* All lectures are open to ALL participants, feel free to attend the judges' lectures**

<b>**This Schedule is Subject to Changes**</b>			<b>At Itasca Park District</b>		<b>Final Edition 7/19/07</b>		
<b>Saturday</b>	<b>Willow</b>	<b>Iris B</b>	<b>Gym A</b>	<b>Gym B</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Lounge</b>
9- 9:55am		<b>Incorporating Mental Training into Daily Workouts</b> Windee Weiss	Vendors on Site Tumbl Trak SCB Athletic NSGEL Eqpt. Leasing Elite GK Thunder Graphics Gymazing Finds, inc.	<b>Tumbling Basics</b> Russ Berndt	<b>Drills for Level 4 Bars</b> Dave VanAcker	<b>Develop a rec. student into a Team member</b> Randy Parrish	<b>How to become a judge/study for the test/shorthand</b> Kathie Gebhardt Billie Stone
10-10:55am	<b>The secrets of successful gyms</b> John Muno	<b>The A-Z of creative Floor Routines</b> Windee Weiss	Air Drills for Preschool Programs by Tumbl Trak	<b>Coaching the Cheerleading basics</b> Theresa Kiel	<b>5/6 drills for Bar skills</b> Dave VanAcker	<b>Rock &amp; Roll motivational Seminar</b> Randy Parrish	<b>How to apply deductions to level 4,5,6 bars</b> Kathy Elg
11-11:55am	<b>Specific tools for improving effectiveness, efficiency &amp; profitability</b> John Muno	<b>Open Forum</b> <b>The Power of Positive Teaching</b> Steve Greeley	Vendors	<b>Drills for Level 4 Vault</b> Jacob Huff	<b>Level 5/6 Drills for Beam Dance</b> Chris Deck	<b>PS Cartwheel Progressions &amp; Back tumbling for Rec</b> Randy Parrish	<b>Practice judge LV 4,5 ,6 Bars</b> Stacey Mooney
12-12:55pm			<b>Lunch on Site (\$7 at the door)</b>				
1-1:55pm	<b>Low back Pain: Common injuries and rehab</b> Athletico	<b>Most Common Errors LV 4 Floor/Beam</b> Michelle Wicklander	Vendors	<b>Tumbling for Cheerleading</b> Scott Sheridan & Matt Hageman	<b>The BIG Handspring Vault</b> Sean Bowlden	<b>Rec. warm-ups &amp; Conditioning</b> Randy Parrish	<b>1:00 - 2:30</b> <b>How to apply deductions to 4,5,6 floor and practice judge</b> Carrie Marquardt
2-2:55pm		<b>To Discipline or Not To Discipline</b> Steve Greeley	Vendors	<b>Coaching the Intermediate &amp; Advanced Cheerleader</b> Theresa Kiel	<b>Bars...what &amp; how to prepare for optional bars</b> Leonard Isaacs	<b>Develop Special event incomes</b> Randy Parrish	<b>2:30 - 4:00</b> <b>How to apply deductions to 4,5,6 beam and practice judge</b> Stacey Mooney
3-3:55pm		<b>Staff Performance Evaluations</b> Steve Greeley	Air Drills for Advancing Rec Kids by Tumbl Trak	<b>Beam/Bars for the Rec Kid</b> Randy Parrish	<b>Starting Yurchenkos</b> Leonard Isaacs	<b>Heather Forbes</b>	<b>4:00 - 5:30</b> <b>How to apply deductions to 4,5,6 vault and practice judge</b> Kathie Gebhardt
4-4:55pm	<b>Taping 101</b> Athletico	<b>Handspring vault do's &amp; don't's</b> Mary Jo Roerhing	Vendors	<b>Pre-school</b> Brad Tubbs & Ken Davis	<b>Level 5/6 beam skills</b> Sari	<b>Birthday Party Coordination</b> Susan Naber	Judges

	At Itasca Park District						
Sunday	Willow	Iris B	Gym A	Gym B	Gymnastics	Dance	Lounge
9-9:55am	<b>Beam-The most important event</b> Leonard Isaacs	<b>Staff Training Part 1</b> Steve Greeley	<b>Vendors on Site</b> Tumbl Trial SCB Athletic NSGEL Eqpt. Leasing Elite GK Thunder Graphics Gymazing Finds, inc.	<b>Fit N Fun</b> Jo Witucki & Dawn Gaines	<b>Developing the Layout</b> Marco Bravo	<b>Flexibility in gymnasts</b> Athletico	<b>Do you see what I see?</b> Hilary Carlson
10-10:55am	<b>Bio mechanics; understanding what you see</b> Leonard Isaacs	<b>Staff Training Part 2</b> Steve Greeley	Vendors	<b>Fit N Fun Cont.</b> Jo Witucki & Dawn Gaines	<b>The right conditioning at the right time</b> Marco Bravo	<b>Knee Pain In Female athletes</b> Athletico	<b>Judges' Testing</b>
11-11:55am	<b>Getting your kids from Compulsories to Optionals w/o casualties</b> Leonard Isaacs	<b>Problem Parents... Stop the madness before it begins</b> Sari Engle	Vendors	<b>Beginning boys Competitive Gymnastics</b> Brad Tubbs & Ken Davis	<b>Front Tumbling Basics</b> Marco Bravo	<b>Mom &amp; Tot</b> Dwayne	<b>Judges' Testing</b>
12-12:55pm	<b>Locating and dealing with impediments to learning.</b> Leonard Isaacs	<b>Instructional Boys Gymnastics</b> Dwayne	Vendors	<b>Level 5/ 6 FI Dance &amp; Skills</b> Chris Deck	<b>Teaching Giants &amp; Free Hips</b> Marco Bravo	<b>Optional Dance</b> Fred Webster	<b>Judges' Testing</b>