

REGIONAL CONGRESS PRELIMINARY SCHEDULE*

Friday **September 26-28, 2008** **Indianapolis, IN**

7/23/08

	Recreational	Business	Women's Officials	Coaching	Other
9:00 – 10:00	Patti Komara Excellence in Pre-School Teaching	Tom Koll Working with your Parents to prepare them for the future	Judy Dobransky Level 5/6 Compulsory Beam & Floor: Practice Judging	Tammy Biggs Basic Skills for Balance Beam & Floor Exercise	Norm Stulz Building a Strong Team Program
10:15 – 11:15	Tom Koll Level 1 – 3 Floor Skills and Drills	Jeff Metzger Handling Confrontation The Good, the Bad and the Ugly	Connie Maloney Tricks of the Trade	John Geddert Conditioning	Kelly Crumley Future Stars Update
11:15 – 11:45	Break One				
11:45 – 12:45	Caroline Hunt Building Blocks for a Pre-School Program	Jeff Metzger Open Book Management- How Every Business Should be Run	Connie Maloney Opt. Vault	Tom Koll Balance Beam Conquering Fear with No Tears	Jeff Robinson 2008 – 2012 JO Program
12:45 – 1:45					
1:45 – 2:45	Patti Komara The Mighty ABCs of Teaching Gymnastics to Kids	Caroline Hunt How To Start a Rhythmic Program	Tom Koll What Makes a Good Level 7 Routine (Good for Coaches and Judges)	Tammy Biggs Success through Circuit Training	Jim Leo / Bob Witmer JO Judging in the New World
3:00 – 4:00	Claudia Kretschmer Prep Opt	Patti Komara Teacher Training Systems that Work	Connie Maloney Opt. Bars - Comparing Circle and Pirouettes	Tom Koll How to Add Interesting Dance to your Routine	Eric Van Sickle Pommel Horse Development
4:00 – 4:30					
4:30 – 5:30	Randy Parish Round Table Discussion on Special Events that Create Additional Income	Patti Komara Creating Ads that Get Stellar Results	Hilary Carlson Level 4 Practice Judging	Tammy Biggs Raising Expectations For Beam	Jeff Greene Picking Apart the COP for JO Routines

Saturday

	Recreational	Business	Women's Officials	Coaching	Other/	
9:00 – 10:00	Randy Parrish Rock & Roll Motivation for New Gymnastics Staff & Coaches	Dave Holcomb Trends in the Gymnastics Industry	John Geddert & Char Christensen J.O. Update	Steve Rybacki Uneven Bar Release Skills Underlying Principles to Success	Don Spellman	Tom Kovic College Recruiting 101
10:15 – 11:15	Randy Parish Uneven Bar Drills and Skills for Classes Level 1 - 3	Dave Holcomb Developing a Staff Handbook	Char Christensen Opt. Beam – Comparing Dance Elements	Steve Rybacki Round Entry Vault to Success	Juha Tanskanen Ring Swing and Strength Development	Tom Kovic Organization and Management of the College Recruiting Process
11:15 – 11:45	Break One					
11:45 – 12:45	Linda Thorberg Beam Bonanza	Mary Lee Tracy Get More Students In The Door: New Strategies For Tough Times	Connie Maloney Opt. Bars- Comparing Releases and Dismounts	Dan Miller Adv Tumbling A – Z Forward and Backward Twisting	Douglas Burton	Carissa Laughon USA Gymnastics University
12:45 – 1:45	Lunch					
1:45 – 2:45	Randy Parrish Class Management With Positive Discipline	Dave Holcomb – Team Programs for Fun and Profit	Char Christensen Opt. Beam – Comparing Acro Elements	Steve Rybacki A Single Season Conditioning Plan	Don Osborne Elite Development	Tom Kovic Youth Leadership: An Ethical Approach to Team Dynamic
3:00 – 4:00	Linda Thorberg Bill Sands List of No - Nos	Dave Holcomb – Avoid Lawsuits	Char Christensen Opt. Floor – Comparing Dance Elements	Enrique Trabinano Body Shaping for Bars	Steve Butcher Olympic Review	Tom Kovic The 'Fire from Within' Developing Competition Readiness
4:00 – 4:30						
4:30 – 5:30	Linda Thorberg Stations, Stations, Stations	Mary Lee Tracy Motivating Staff	Connie Maloney Opt. Floor - Comparing Acro Elements	Bill Widman Level 5 – 7 Vault	Mike Serra	Gary Warren TOPs and Pre Elite Update

SUNDAY

	Recreational	Other	Women's Officials	Coaching	Other
9:00 – 10:00	Linda Thorberg The Latest Greatest Equipment	Darrell Barnes St Vincent's	Judy Dobransky Optional Vault/Beam: Practice Judging	John Geddert Uneven Bars Dismounts and Pirouettes	Alison Arnold How to Create A Fierce Competitor
10:15 – 11:15	Randy Parrish Music & Movement	Darrell Barnes St Vincent's	Sandy Oldham Optional Bars/Floor: Practice Judging	Mary Lee Tracy Daily Requirements to HIT Beam	Alison Arnold Master Coach from A-Z
11:30 – 12:30	Randy Parrish	Donna Treveathan Collegiate Judging Updates & Practice Judging	Kittia Carpenter Making Your Body Alignment & Arm Positions Shine with Level 5/6 Compulsory FX	Kathryn Geddert Constructing a Beam Routine	Alison Arnold Coaching Across the Spectrum

**Subject to Change*