

# REGIONAL CONGRESS PRELIMINARY SCHEDULE\*

## Friday - September 9, 2011

Registration begins at 7:30 am

	Recreational	Business/Other	Women's Officials	Coaching Gym
9:00 – 10:00	Jeff Lulla Preschool Curriculum - Teaching with Progressions	Frank Sahlein Marketing in an Experience Economy	Linda Muvihill Meg Doxtator  JO UPDATE	Linda Muvihill Meg Doxtator  JO UPDATE
10:15 – 11:15	Jeff Lulla  Recreational Philosophy & Progressions	Frank Sahlein Building a Marketing Plan Around the Customer Lifespan	Ann Heppner  Bars: Identifying moves and Shorthand Level 7 -10	Todd Wayts  Front Tumbling
11:30 – 12:30	Jeff Lulla  Youth Fitness & gymnastics	Frank Sahlein Connecting –Public Relations and Community Involvement	Linda Mulvihill  Technique on Floor Exercise – Dance Elements	Shelia Lehner  Beam Series
12:00 – 2:00				
2:00 – 3:00	Jeff Lulla  Warm-ups & Games (a group participation workshop)	Frank Sahlein Connecting – Social Media Success	Myra Elfenbein  Technique of Uneven Bars “Release and Flight Elements”	David Ward  Spotting 101
3:15 – 4:15	Jeff Lulla  Understanding the Preschool age Student	Frank Sahlein Strategies to Render the Competition Irrelevant	Linda Mulvihill  Technique on Floor Exercise – Acro Elements	Todd Wayts Tumbling
4:30 – 5:30	Jeff Lulla  Characteristics of a Good Teacher	Frank Sahlein Finding Money in Your Existing Operation	Myra Elfenbein  Technique on Balance Beam – Dance Elements	Kelly Riley  Balance Beam

\*Subject to Change

## Saturday – September 10th

	Program & Preschool	Business	Women's Officials	Coaching Gym	Other
9:00 – 10:00	Kelly Israel Drills Skills & Thrills	Frank Sahlein Creating Manager Living Breathing Position Descriptions	Linda Mulvihill Technique on Balance Beam – Mounts and Dismounts	Neil Resnick Twisting for beginners	Shelia Lehner Dance Basics
10:15 – 11:15	Steve Whitlock Group Gymnastics	Jeff Lulla Preparing for the Olympic Enrollment Boom - Part 1: Marketing your External Image	Lisa Boylan JAS System for Judging Assignments	Neil Resnick Bar complex Setting up an efficient Workout	John Smith
11:30 – 12:30	Kelly Israel Your Key to Growth and retention	Jeff Lulla Preparing for the Olympic Enrollment Boom - Part 2: Managing your Internal Image	Linda Mulvihill Technique on Uneven Bars – Mounts and Dismounts	Neil Resnick Vault Progressions	John Smith
12:30 – 2:00	LUNCH				
2:00 – 3:00	Brant Lutska O Baby 2	Steve Whitlock Preventing Sexual Misconduct	Linda Mulvihill Technique on Balance Beam – Acro Elements	Tony Ammons Body Shaping	Alison Arnold Healthy Coach
3:00 – 4:15	Steve Whitlock Team Gym	Lizzie Dolan Xcel Program	Ann Heppner Practice Judging for College	John Carney Bar Release Moves	Alison Arnold Social networks
4:30 – 5:30	Brant Lutska Vaulting for Preschool	John Carney Video Production	Linda Mulvihill Technique on Uneven Bars – Casts, Circles and Pirouettes	Emily Coward Beam Leap/connections	Alison Arnold Type A Gymnasts

# Sunday – September 11

	<b>Recreational</b>	<b>Other</b>	<b>Women’s Officials</b>	<b>Coaching</b>
9:00 – 10:00	Brant Lutska  Active Participation	Deidre Baumgarten  Day Camps Part 1: Marketing and maximizing your gym’s potential	Ann Heppner  Judging Aids: Hands, Arms, Feet	Mohini Bhardwaj  Floor Dance
10:15 – 11:15	Brant Lutska  Musical Fun	Deidre Baumgarten  Day Camps Part 2: Orchestrating a flexible daily camp schedule	Nola Ayers  NCAA Rules Update	Ivan Alexov  Bar Basics and Shaping
11:30 – 12:30	Brant Lutska  Pre-School Roundtable	Laurel Tindall  NCAA recruiting	Ann Heppner  Region 2 Judges – Jam Session	John Carney  Bar Pirouettes