

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	Emily Coward Beam Leap/connections
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	Li Lu Jumps Leaps Turns

*Subject to Change

Saturday – September 10th

	Program & Preschool	Business	Women's Officials	Coaching Gym	Other
9:00 – 10:00	Lizzie Dolan/ Dianne Palmer Xcel Program	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	Rachel Brazo Preventing Sexual Misconduct	Jeff Lulla Preparing for the Olympic Enrollment Boom - Part 1: Marketing your External Image	Lisa Boylan/MarianDewane JAS System for Judging Assignments and Meet Referee Duties	Neil Resnick Bar complex Setting up an efficient Workout	John Smith Slide your team to Strength gains – the fun way!
11:30 – 12:30	Rachel Brazo USA Gymnastics University	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 Compulsory Vaulting, Getting started on “the right foot”	John Smith 10 Simple Steps to Confidence and preparation for Competition
12:30 – 2:00	LUNCH				
2:00 – 3:00	Steve Whitlock Team Gym	Kelly Israel Your Key to Growth and retention	Linda Mulvihill Technique on Balance Beam Acro Elements	Neil Resnick Conditioning with an Elite Mentality	Alison Arnold Healthy Coach
3:15 – 4:15	Brant Lutska O Baby 2	John Smith Does any gym need a new REVENUE Stream?	Ann Heppner Practice Judging for College	Kelly Israel Drills Skills & Thrills	Alison Arnold Social networks
4:30 – 5:30	Brant Lutska Vaulting for Preschool	Steve Whitlock Group Gymnastics	Linda Mulvihill Technique on Uneven Bars – Casts, Circles and Pirouettes	Shelia Lehner Beam Series	Alison Arnold Type A Gymnasts

Sunday – September 11

	Recreational	Other	Women’s Officials	Coaching
9:00 – 10:00	Brant Lutska Active Participation	Deidre Baumgarten Day Camps Marketing and Maximizing your Day Camp	Ann Heppner Judging Aids: Hands, Arms, Feet	Mohini Bhardwaj Floor Dance
10:15 – 11:15	Brant Lutska Musical Fun	Deidre Baumgarten Marketing: Where do I find new customers?	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	