



**2024 Region 1 Congress Preliminary Lecture Line Up, as of April 15.
All information subject to change.**

Women Coaching:

- Development Program Update
- Xcel Program Update
- Considering Hopes? Where to Start
- Laws of Motion: To Help NEW Team Coaches
- Strategy for Training to Compete (at any age)
- Getting Your Athlete to Put in More Effort Per Turn
- Top 10 Skills to Set Your Team Apart
- Training Questions: Q & A Panel Discussion
- Xcel Q & A: Come with Questions
- Important Basics that Build for the Future: Bars and Floor
- Important Basics that Build for the Future: Vault and Beam
- Compulsory Vault
- Vault: Start Building Your Yurchenko NOW
- Xcel Vault: Technique for Twisting vs. Flipping
- Uneven Bars: Kip Clinic
- Uneven Bars: Drills for Skills
- Uneven Bars: Turning Circles into Releases
- Beam Acro: Skills and Drills
- Beam Series Training and Selection Options for Xcel
- Beam Drills for Dance Skills & Beam Complex
- TOPs to Elite Beam: Tumbling, Dance and Artistry
- Leaps, Jumps and Turns
- Leaps and Turns: Emphasis on Technique
- So You Think You Can Dance?
- Instilling Artistry: Yes, YOU Can Teach Artistry!
- Small Routine Changes for BIG Score Improvements
- Levels 3-5 Beam: Are You Doing it Right?
- Levels 3-5 Beam and Floor: Ways to Improve Compulsory Scores
- Levels 3-5 Floor: Are You Doing it Right?
- Developing the Roundoff Back Handspring, Back Tuck, and Layout
- Front Tumbling and Twisting
- Two-Salto Passes

Hands on Spotting:

- Hands on Spotting: Recreational Skills: Vault, Bars, Beam and Floor Skills
- Hands on Spotting: Back Handspring; Front Handspring; Roundoff BHS BHS

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- Hands on Spotting: Kips, Clear Hip Circles, Flyaways, Low Bar Giants
- Hands on Spotting: RO BHS Back Tuck, Layout; Front & Back Twisting; Standing Tumbling Skills
- Hands on Spotting: Beam Acro and Connections
- Hands on Spotting: Yurchenko Training

Recreational:

- Creating the Happiest Place on Earth!
- Motor Learning and Development
- Fun with Warm-Ups and Conditioning
- 5 Minute Games for Recreational Classes and Team
- Let the Music Move You! Best Music for Recreation & Pre-School Classes
- 15 Tricks to Achieving a FUN, Safe Class
- Recreational Coaching: What Separates the Best from the Rest? Getting from Good to GREAT
- Class Management and Student Behavior
- Everything Obstacle Course: Why To, How To, and When To
- CHEEZ-OLOGY: The Many, Many, Many Ways to Use Wedge Mats
- No Mat? No Problem! How to Use What You Have for Amazing Stations
- Adapting a Station from Baby to Pre-Team: How to Create & Adapt Stations on the Fly
- How to Run a Successful Babies Program
- Preschool Themes: How to Run a Successful Tots Program
- Curriculum Progressions, Courses and Lesson Planning
- How to Make ONE Lesson Plan Work for Everyone!
- Cartwheels, Handstand and Rolls, OH MY!
- Line Basics and Side Stations
- Skill Deconstruction
- Drills for Recreational Vaulting
- Bar Basics: How Many Drills Can I Set Up to Expose My Littles to the Big Skills?
- Recreational Beam
- Back Handspring Clinic
- Developing Rockin' Pre-Team Uneven Bar Workers
- Recreational to Competition-Ready in 6 Months: Mastering the Xcel Pathway
- Special People in Your Gym: Opening the Door for Special Needs
- Teaching Boys!
- Dip Your Toes into Ninja! How to Start, and Some Skills to Do on Monday
- Ninja Skills
- How to Build an Acro Program: Levels 2-5
- Acro Flips & Tips

Athlete Wellness/Sport Science:

- The Vestibular System: A Powerful and Untapped Tool to Boost Flexibility, Balance & Power
- The Positive Approach to Gymnastics Nutrition: Feeding the WHOLE Athlete
- The Perfectionism Problem: How to Develop Highly Successful Athletes Without Sacrificing Joy or Risking Burnout
- Coaching Through Mental Blocks: How Subtle Language Choices Can Make or Break Athlete Confidence

Business:

- Balancing Acts: Crafting and Communicating Policies for Gymnastics Clubs
- Introducing the New "Collaborating with Parents" Guide

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- Handling Conflict
- How to Create Your “Smart-Marketing” Plan
- Laying the Foundation: How to Build a Following Using Social Media
- Creative Grass-Roots Marketing Strategies
- Using AI for Business Marketing and Operations
- Planning & Managing a Multi-Venue Operation
- Buying or Selling: A Business Owner’s Perspective
- Never Be Short Staffed! Hiring and Training Teenage Coaches
- Empowering Staff: Helping Club Owners Delegate
- Leadership for Gymnastics Leaders Who Hate Leadership Topics
- “A Players” Think Differently: Winning the Inner Game of Leadership
- Urgencies, Emergencies & 50-Hour Work Weeks: Saying Goodbye!
- Retention Strategies 2024

Women Technical:

- Back to Basics: Are We Evaluating the Basic Skills Consistently?
- Levels 6 & 7 Vault
- Bar Releases: Xcel through Level 10
- Dance Technique: Advanced Dance Skills
- Compulsory Beam Levels 1-5: Looking at the “Throughout” Deductions
- Bar Circles and Release Moves
- Xcel Mysteries & Uh-Ohs
- Non-Salto Vaults: Xcel through Level 10
- What a Puzzle! Evaluating a Messed-Up Routine
- Xcel Bars with an Emphasis on Gold
- Beam and Bars Dismounts: How High is High Enough?
- Superior Dance Performance
- Professionalism
- Beam Acro: To Give, Or Not To Give?

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