



**2024 Region 2 Congress Preliminary Lecture Lineup, as of March 18.  
All information subject to change.**

**Women Coaching:**

- Development Program Update
- Xcel Program Update
- Elite Compulsories for Judges and Coaches
- Conditioning Strength in Shapes
- Vault: From Bronze to Gold
- Common Traits in Great Vaulting
- Yurchenko Vault: From the Beginning
- Uneven Bars: Drills for Skills
- Developing Taps on Bars
- Optional Bar Development Levels 6-10: Logical Progressions
- Uneven Bars: What Angle Is It? A Coach/Judge Perspective
- Beam Tumbling Progressions
- Beam: Conquering Fears With No More Tears
- Compulsory Beam (Levels 2-5) Requirements and Deductions (a Coach/Judge Perspective)
- Compulsory Beam Review: Drills for Skills
- Beam Connections
- How to Compose an Xcel Beam Routine
- Compulsory Floor Review
- Choreography Tips and Tricks
- Leaps, Jumps and Turns
- Tumbling Development: Foundation to Advanced
- How Twist Timing Affects Flipping Skills
- Developing Strong Front Tumbling

**Athlete Wellness/Sport Science:**

- Setbacks & Comebacks: Mental Tools for WHEN, Not IF
- The Confidence Code: Inspiring Fierce Certainty in Your Athletes
- Balks and Blocks: Simple Tools to Beat the Fear Beast
- Hands on Taping

**Hands on Spotting:**

- Recreational Skills on Bars and Floor
- Warmup and Conditioning Games
- Kips, Back Handsprings & Front Handsprings
- Clear Hip Circles; Roundoff – Back Handspring – Back Handspring
- Flyaways; Yurchenko Training

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- Beam Acro: Skills and Connections
- Low Bar Giants; Roundoff, BHS, Back Tuck and Beyond (through Twisting)

### **Recreational:**

- School Age Kids: Dealing with All Different Behaviors
- Dynamic Duo Delights: 101 Ideas for Parent-Child Gymnastics Bonding
- Rolling, Wheeling, Springing – Oh My!
- Preschool to Recreational Bars
- Let's Have a Ball! Using Manipulatives
- Intermediate Recreational: Circuits and Progressions
- All for One! A Station for All Levels
- Tired of the Same Ole Games? Let's Zest it Up!
- Recreational Beam: No More Dip Kicks!
- Flips, Twists & Might Movements: Mastering Motor Skills Magic in Gymnastics Classes
- Tiny Tumblers Triumph: Mastering Gymnastics Class Management for Little Gymnasts

### **Business:**

- Introducing the New "Guide to Establishing Effective Boundaries with Athletes"
- Introducing the New "Collaborating with Parents" Guide
- Dealing Positively with your Staff
- Handling Difficult Situations & People
- Balancing Acts: Crafting & Communicating Policies for Gymnastics Clubs
- Meet Boot Camp
- Customer Service
- Creating Revenue in Down Time

### **Women Technical:**

- Back to Basics: Are We Evaluating the Basic Skills Consistently?
- How to Improve Optional Vault Judging Skills
- Bar Releases: Xcel through Level 10
- How High is High Enough? Beginner to High Level Dismounts
- What a Puzzle! Evaluating a Messed-Up Routine
- Compulsory Beam (Levels 2-5) Requirements and Deductions (a Coach/Judge Perspective)
- Xcel Mysteries & Uh-Ohs
- Xcel Bars with an Emphasis on Gold
- Extra Swing Enigma
- Dance Technique: Advanced Dance Skills
- How to Judge ARTISTRY and Throughout Deductions
- Uneven Bars: What Angle Is It? A Coach/Judge Perspective
- NCAA Update
- Elite Compulsories for Judges & Coaches
- Non-Salto Vaults: Xcel through Level 10
- Compulsory Beam Levels 1-5: Looking at the "Throughout" Deductions
- Judges' Training Session: Preparation for Judges, Chief Judge, Meet Referee & Digital Judging

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