



2024 Region 3 Congress Preliminary Lecture Line Up, as of March 4.
All information subject to change

Women Technical:

- Back to Basics – Are we evaluating basic skills consistently?
- Bar Releases Xcel-Level 10"
- Dance Technique-Advanced Dance Skills
- Judges/Coach
- What Exactly are the Judges Doing with Salto Opening PLUS posture on landing?
- Non-Salto Vaults – Xcel through Level 10
- Leap, Jump and Turns
- Xcel Bars with an emphasis on Gold
- Compulsory Beam Levels 1-5 – Looking at the "Throughout" deductions.
- UB & BB how high is high on Dismounts.
- Vault Judges need to be Mechanics-Anyone got a Wrench.
- What a Puzzle! Evaluating a messed-up routine.

Women Coaching:

- Tumbling Development: Foundations to Advanced
- Flexibility – Not enough time to fit it in? 5-minute event flex ideas
- Optional Bar Development Level 6 - 10 logical progressions"
- Xcel Vault Drills
- Major Bar Release Development
- Yurchenko From the Beginning
- Developing Strong Front Tumbling
- Developing Tap on Bars
- Bars Levels 3-5
- Women's' Development Program Update
- Women Xcel Program update

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Hands On Spotting:

- Recreational Uneven Bars: Back Hip Circle, Pull over, swings and regrip, squat on,
- Floor: cartwheel, Back walkover, front walkover, Backward Rolls, Handstand, BHS, Beam Handstand, Cartwheel, Vault: Basics
- Bars: Kips and FX: Back handspring/Front handspring
- Round Off Back Handspring Tuck (and more): Layouts, Twisting/ Front Tucks/Aerials/standing tucks.
- Bars: Clear Hips
- Beam: Connections/BWO/BHS and Layout
- Bars: flyaways
- Vault Yurchenko Training
- Round Off- Back Handspring Tucks (& more): Layouts, Twisting/ Front Tucks/Aerials/standing tucks.

Live:

- Find your Shine Choreography and Routine Construction
- Compulsory Floor Review L3-5"
- Line Basics & Side Stations"
- Beam Drills for Dance Skills & Beam Complex
- There's a Deduction for that?"" Tips and Drills to execute Compulsory Beam & Floor

Recreational:

- How to Communicate Effectively: From Preschoolers to Parents
- Warm Up & Games
- Turning your Gymnastics stuff into Ninja Stuff! Use whatcha got to run fun ninja classes!
- To Spot or Not to Spot
- Gaining (and Keeping) Preschooler's Focus and Attention: Tips and Strategies
- Olympic Excitement, Lesson Plans, and Retention
- Preschool Bars
- No More Dips Kicks! Make Rec Beam FUN!
- Recreational Classes – School Age Lesson Planning and Skill Achievements
- What Makes Gymnastics Fun at Each Level"
- Prop it Up!

Sport Science/Athlete Wellness:

- Hands on Taping
- Pyramid of Performance: building a resilient athlete from the ground up to THRIVE & Survive
- Managing the Micro-traumas in Athletes
- The Land of Lost Skills: Why does this happen, where do they go, and how do we get them back!

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Business:

- Balancing Acts: Crafting and Communicating Policies for Gymnastics Clubs
- Olympic Marketing Crash Course: Prepare your gym before the Summer Games begin!
- Managing Employees, Clients, and Students in a Society of Addicts
- Guide to Establishing Effective Boundaries with Athletes
- It's a whole new world – Customer Service
- Hiring Strategies That Lead to Better Staff Retention
- 24/7/365 Business

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