



**2024 Region 6 Congress Preliminary Lecture Line Up, as of April 1.
All information subject to change.**

Women Coaching:

- Development Program Update
- Xcel Program Update
- Conditioning
- Competitive Training Plans: Blueprints for Success
- Building Better Basics on ALL Events
- Xcel Vault
- Vault: Front Handspring
- Yurchenko From Start to Finish
- Xcel Bars
- Uneven Bars: Levels 1-5
- Uneven Bars: Making Big Skills Basic
- Make Beam Their Favorite Event!
- Levels 3-5 Beam: Are You Doing it Correctly?
- Bridging the Gap: Coach/Judge Perspectives on Compulsory Beam
- Connecting This and That: Improving Beam Connections
- Small Routine Changes for BIG Score Changes on Bars and Beam
- Compulsory Floor: Levels 3-5 Review and Q&A
- Compulsory Floor: Drills for Skills
- Xcel Floor Skills
- Roundoff and Back Handspring Development
- Developing Power in Back Tumbling
- Developing Strong Front Tumbling
- Switch Leaps, Switch Sides & Switch Halves: Start Them EARLY
- But I Don't Dance! Tricks For Creative Choreography

Hands on Spotting:

- Recreational Skills: Vault, Bars, Beam and Floor
- Back Handspring; Front Handspring; Roundoff BHS BHS
- Kips, Clear Hip Circles & Flyaways
- RO BHS Back Tuck, Layout; Front & Back Twisting; Standing Tumbling Skills
- Beam Acro and Connections
- Yurchenko Training
- Low Bar Giants

2024 Region 7 Congress Preliminary Lecture Line Up, as of March 10. All information subject to change,

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Recreational:

- Dynamic Duo Delights: 101 Ideas for Parent-Child Gymnastics Bonding
- Preschool Themes: How To Run A Successful Tots Program
- Flips, Twirls and Mighty Movements: Mastering Motor Skills Magic in Gymnastics Classes
- Creating the Happiest Place on Earth
- Developmental Stages and Learning Styles
- Teaching Preschool Gymnastics
- Yearly Lesson Planning for Your Preschool Program
- Class Management for Preschool and Recreational Classes
- Warmup, Games and Other Preschool Fun
- Recreational Games and Warmups with Music
- Must-Have Skills & Drills for Preschool Programs
- Adapting a Station From Baby to PreTeam: Adapting Stations on the Fly to Fit Your Little Athlete
- It's More Than Gymnastics
- How to Be a Rockstar Teach 2.0
- Handstands!
- Handstands and Cartwheels
- Run, Jump, Land and Fall: That's Vaulting for Preschool!
- Preschool and Recreational Beam
- Preschool and Recreational Bars
- Bar Basics: How Many Drills Can I Set Up to Expose My Littles to the Big Skills?
- Vault Progressions and Drills for School Age Gymnasts
- Developing a Rocking Bar Workers PreTeam
- Dip Your Toes Into Ninja!
- True Inclusion: Understanding Common Disabilities to Safely Accommodate All Athletes

Athlete Wellness/Sport Science:

- Top Mental Skills Every Coach Should Know
- Preparing Your Athletes to Be Successful in Competition
- The Confidence Code: Inspiring Fierce Certainty in Your Athletes
- Balks and Blocks: Simple Tools to Beat the Fear Beast
- Coaching the Unseen: Addressing and Breaking Through Mental Blocks in Gymnastics
- Setbacks & Comebacks: Mental Tools and Techniques for WHEN, Not IF
- Everything You Knee'd: All About Knee Injuries and Prevention
- Dynamic Flexibility: The Key to Optimum Mobility
- Understanding the Arch and the Hollow: More Than Just Creating Shapes
- Not Backing Down: All About Back Injuries and Prevention
- The Overuse Injury: Techniques to Unload Muscles and Knots (Upper Body)
- The Overuse Injury: Techniques to Unload Muscles and Knots (Lower Body)
- Come Back From Injury Better Than Before
- Underscored... or Underfueled?
- Hands on Taping

Business:

- ManageSmart & MarketSmart
- PeopleSmart & TechSmart
- FinanceSmart
- FacilitySmart & RiskSmart
- Fearless Leadership

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- Leadership & Culture Management
- Employment Practices We All MUST Know
- Top 10 Essential Ingredients for Running a Successful Gymnastics School
- Breaking Down Metrics for Program Managers: What Do We Measure, and Why Does it Matter?
- Hire, Train and Keep Great Staff! How to Find and Keep Good People
- The Perfect Job Interview for Teenage Applicants (and everyone else, too)!
- Introducing the New “Guide to Establishing Boundaries with Athletes”
- Introducing the New “Collaborating with Parents” Guide
- Balancing Acts: Crafting and Communicating Policies for Gymnastics Clubs
- Birthday Parties and Camps
- Ninja in Your Business: How to Start!

Women Technical:

- Back to Basics: Are We Evaluating the Basic Skills Consistently?
- The Artistry of Beam
- Xcel Bars With an Emphasis on Gold
- Floor Tumbling: How High Should It Be? A Coach/Judge Perspective
- How High Is High Enough? Beginner to High Level Dismounts
- Non-Salto Vaults: Xcel through Level 10
- Dance Technique: Advanced Dance Skills
- Compulsory Beam Levels 1-5: Looking at the “Throughout” Deductions
- Keep Your Eyes Up!
- What a Puzzle! Evaluating a Messed-Up Routine
- Xcel Mysteries & Uh-Ohs
- Bar Releases: Xcel through Level 10

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