



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

Women Coaching:

- Development Program Update
- Xcel Program Update
- The Fine Line of Basics
- Pre-Team Development and Culture: Happiness to Handstands
- Common Compulsory Trouble Areas
- Compulsory to Optional Gymnastics: How the Basic Transforms
- Getting Your Athlete to Put in More Effort Per Turn
- Category 1 Vaults: "The Little Orphan Vault Group"
- Building Strong, SAFE Yurchenkos
- Vaulting Confidently and Aggressively
- Develop Air Awareness and Safe Landing Awareness
- Bars: Drills for Skills
- Bar Circles
- Bar Releases and Turns From the Beginning
- Paks Aren't Just for Elites: Let's Learn a Pak!
- Small Routine Changes for BIG Score Changes on Bars and Beam
- Beam Complexes for All
- Drills for Compulsory Beam
- Beam Tumbling Progressions
- Beam: Conquering Fears with No More Tears
- Compulsory Floor Review: Levels 3-5
- Back Tumbling
- Front Tumbling Essentials
- Basic Combination Tumbling: Building Blocks for Bonus
- Start Switch Leaps, Switch Sides & Switch Halves EARLY!
- College Recruiting 101
- Optional Level Coaches Round Table: Levels 8-10

Athlete Wellness/Sport Science:

- Hypermobility in Gymnasts: What to Do with the Athletes Who Are Too Flexible
- Back Pain in Gymnasts: Causes and Prevention
- Hands on Taping
- Nutrition and Mental Performances in Gymnasts: What's the Connection?

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Hands on Spotting:

- Recreational Bars: Pullover, Back Hip Circle, Squat-On, Swings & Regrips
- Kips
- Back Handspring; Front Handspring; Roundoff BHS BHS
- Clear Hip Circles & Flyaways
- RO BHS Back Tuck and Beyond; Front & Back Twisting; Standing Tumbling Skills
- Beam Acro and Connections
- Yurchenko Training
- Low Bar Giants

Live:

- Flexibility: Not Enough Time? 5-Minute Flexibility Ideas for Each Event
- Tighten Up! Tightening Drills 101
- Find Your Shine! Floor Choreography and Xcel Routine Construction
- Stylization vs. Text: Beam Levels 3-5
- Turn, Turn, Turn!
- Fun with Warm-Up and Conditioning

Recreational:

- Class Management
- Dynamic Duo Delights: 101 Ideas for Parent-Child Gymnastics Bonding
- Rolling, Wheeling, Springing, Oh My!
- Floor Skills and Handstands
- 0-100 in 365: How We Created a Fast & Furious Recreational Ninja Program
- Warm-Up Games and Other Preschool Fun
- How to Be a Rock Star Teacher 2.0
- Recreational Vaulting
- All for One! A Station for ALL Levels
- Must-Have Skills & Drills for Preschool Programs
- Beam is NOT Boring!
- Preschool & Recreational Bars: How to Achieve a Lot with Limited Time
- Acro Flips & Tips
- My Gymnastics Mix Tape
- Flips, Twirls and Mighty Movements: Mastering Motor Skills Magic in Gymnastics Classes

Business:

- Fearless Leadership
- Marketing to the Generations
- Hire, Train, Develop, REPEAT
- Dealing Positively with your Staff
- ManageSmart & MarketSmart
- PeopleSmart & TechSmart
- FinanceSmart
- FacilitySmart & RiskSmart
- General Practices for an Ever-Changing Environment: Keep Yourself & Your Employees Safe
- Quick Books Do's and Don'ts
- Introducing the New "Guide to Establishing Boundaries with Athletes"
- Handling Complaints: Moving with Confidence and Strategy
- Introducing the New "Collaborating with Parents" Guide

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- Balancing Acts: Crafting and Communicating Policies for Gymnastics Clubs

Women Technical:

- Back to Basics: Are We Evaluating the Basic Skills Consistently?
- Non-Salto Vaults: Xcel through Level 10
- What a Puzzle! Evaluating a Messed-Up Routine
- XCELLent Bar Judging
- How High is High? Xcel through Level 10
- Identifying and Evaluating Turning Skills on Bars
- Compulsory Beam Levels 1-5: Looking at the “Throughout” Deductions
- Dance Techniques: Advanced Dance Skills
- When Just “OK” is Not “OK”
- Bar Releases: Xcel through Level 10
- Can You Keep Up? Advanced Shorthand
- All About Time: Fall Back or Spring Forward
- Xcel Mysteries & Uh-Ohs

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