



## **2024 Region 8 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?
- When OK is NOT OK?
- Dance Technique-Advanced Dance Skills
- Xcel Bars with an emphasis on Gold
- All About Time: Fall Back or Spring Forward
- Floor Tumbling- How High Should it BE? A coach/judge perspective
- Level 9 Challenges
- UB & BB how high is high on Dismounts.
- Compulsory Beam Levels 1-5 – Looking at the “Throughout” deductions”
- Non-Salto Vaults – Xcel through Level 10
- Bar Releases Xcel-Level 10
- What a Puzzle! Evaluating a messed-up routine
- How to develop a presentation

### **Women Coaching:**

- Playing Catch Up-How to Meet Your Athlete Wherever They Are
- High Level Tumbling
- Back Giants and Front Giants
- Front Handspring Vault
- Understanding why I don't always the correction I ask for.
- Beam: Conquering Fears with NO More Tears
- Tumbling Basics
- Two Salto Passes
- Level 3-5 Uneven Bars
- Beam Complexes and Drills that lead to skills.
- Creating Successful Xcel Routines
- Yurchenko vaults – preparation through flipping
- Leaps Jumps and Turns
- Xcel Mysteries & Uh Ohs
- Women's Xcel Program Update
- Women's Program Development Update

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**Hands On Spotting:**

- Recreational Bars: Back Hip Circle, Pull over, swings and regrip, squat on, FX: cartwheel, back walkover, front walkover, Backward Rolls, Handstand, BHS, BE: Handstand, Cartwheel
- Kips
- Clear Hips
- Flyaways
- Low bar Giants
- Round Off Back Handspring/Back handspring
- Round Off Back Handspring Tuck (and More): Layouts, Twisting/ Front Tucks/Aerials/standing tucks
- Yurchenko Training

**Live:**

- Find your Shine Choreography and Routine Construction
- Conditioning
- FX: Back handspring/Front handspring
- Breakdown 3 beam skills beginning to end: Back handspring, Front handspring, Back tuck.
- Stylization Vs Text BB L3,4,5
- Optional Training Questions Answered: Q & A
- Use your Trampolines! - Teaching important skills to our students at all levels of recreational gymnastics safely!
- Make Practices Fun
- The Back Handspring Machine!"
- Side Stations in Small Spaces- how to maximize space and drills in a small gym.

**Recreational:**

- No or Minimal Spotting with Skill Deconstruction
- Dynamic Duo Delights: 101 Ideas for Parent-Child Gymnastics Bonding
- Beam is NOT Boring
- Flips, Twirls, and Mighty Movements: Mastering Motor Skills Magic in Gymnastics Classes
- Inclusive & Adaptive recreation & pre-team: skills and class accommodations
- What's In Your Back Pocket?
- 50 ways to give a high five! How to encourage your gymnast.
- Basics on Bars for Preschool
- Tiny Tumblers Triumph: Mastering Gymnastics Class Management for Little Gymnasts
- Beginner Basics - One Piece at a Time
- Beam: Beyond the Straight and Narrow
- Stations, Stations, Stations!
- How to Set Boundaries and Achieve the Personal Best for Your Staff
- How to go from 250 to 1,000 students
- Handling Conflicts

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**Business:**

- Introducing the new, ""Guide to Establishing Effective Boundaries with Athletes""
- ManageSmart & MarketSmart
- PeopleSmart & TechSmart
- Leadership for Gymnastics Leaders who hate leadership topics.
- Collaborating with Parents Guide
- Class Management/Lesson Planning
- Balancing Acts: Crafting and Communicating Policies for Gymnastics Clubs – A Comprehensive Approach for Staff, Athletes, and Parents
- Retention Strategies 2024
- Creative Grass Roots Marketing
- Dealing Positively with your Staff
- FinanceSmart
- FacilitySmart & RiskSmart

**Athlete Wellness/Sport Science**

- The Confidence Code: Inspiring Fierce Certainty in Your Athletes
- Injury Prevention
- Hands on TAPING
- Common Injuries in Gymnastics – Identification, Treatment, and Return to Sport after Injury
- Principles of Injury Prevention in Gymnastics
- Unlocking Potential: Overcoming Mental Blocks in Gymnastics"
- Setbacks & Comebacks: Mental tools and techniques for WHEN, not IF
- Balks and Blocks: Simple tools to beat the fear beast.
- How to Properly Prepare and Plan for a Season with Conditioning. Teaching the fundamentals for peaking athletes while reducing injuries.

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