



**2025 Region 4 Congress Preliminary Lecture Lineup as of March 1<sup>st</sup>**  
**All Information Subject to Change**

**WOMEN COACHING**

- Development Program Update
- Xcel Program Update
- Level 6/7 Vault
- The Importance of Handspring and Twisting Vaults
- Yurchenko Vaults: Preparation through Flipping
- Kipping, Casting, Swinging, Oh My!
- Uneven Bars: Mastering Circles
- Uneven Bars: Front & Back Giants
- Uneven Bars: Releases
- Beam: Handstands through Back Handspring Acro Skills
- Balance Beam: Acro Series
- Bridging the Gap: Leaps & Jumps
- Compulsory Floor: Let's Get Back to the Text
- Tumbling Basics
- FX Tumbling Through Layouts: Front & Back
- Two-Salto Passes
- AP, SR, Bonus, Nada: What Are You Going to Get?
- You Want to See That Again? This is How You Say It! Effective Communication

**HANDS-ON SPOTTING**

- Recreational Skills on All Events
- Vault: Yurchenko Training
- Uneven Bars: Kips, Clear Hips, Flyaways Low Bar Giants,
- Beam: Cartwheels, Handstands, Walkovers, Handsprings, Acro Connections, Dismounts
- Floor: Front & Back Handsprings, RO BHS Back Tuck and Beyond, Twisting, Standing Tumbling

**RECREATIONAL: PRESCHOOL & SCHOOL AGE**

- The Power of Play in Preschool Gymnastics
- Music, Warm-ups, Games and Special Events

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- Perception in Recreational Gymnastics, Understanding Perspectives to Enhance Teaching
- Designing Safe and Engaging Gymnastics Lesson Plans
- Recreational Bars
- Handstands: Build Them Right from the Start
- Class Management for Preschool & Recreational Classes
- Coaching Safely: Mastering the Basics and Beyond on Floor
- Using Balance Beam in Other Ways
- Vault: School Age to Team
- Roundoff Back Handspring
- Teaching Quality Skills in Preschool and Recreational Classes

#### SPORT SCIENCE/ATHLETE WELLNESS

- Injury Prevention and Taping
- Hip Strength
- Sport Psychology
- Teaching Emotional Resilience in Gymnastics
- Supporting and Coaching Neurodivergent Gymnasts

#### BUSINESS

- Risk Management in Action: Strategies for Safe Gymnastics Programs
- Crisis Preparedness: How to Train Your Staff for Real-World Emergencies
- Marketing Strategies for Client Retention
- Hosting a Meet so Everyone Walks Away Happy
- Staff Retention
- Developing Young Talent: Best Practices for Hiring and Supervising Adolescent Coaches
- Let's Talk \$\$\$\$\$\$
- Exit the Burnout Carousel
- Why Won't They Just Talk to the Parents?
- Gaining Traction So Your Business Can Grow

#### WOMEN TECHNICAL

- Up to Level: Levels 8-10 Floor Exercise
- I'm Not Extra, You're Extra! What is "Extra" When It Comes to Extra Swings and Casts on Bars
- Connecting This or That: BB Dance/Mix Connections
- Focus on Uneven Bars: What is Your Judging Process?
- Landings: Did She Choose to Step, or Did She Have to Step? What About BP?
- NCAA Update
- Compulsory Practice Judging: Levels 3 & 4
- Xcel Angles and Idiosyncrasies
- What Do You Do with This? It's Not in the Code!

- Beam Connections: Dance/Mix/Acro: Stop, Tempo? When to Start Counting a CP

MORE TO COME!

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