



2025 Region5 Congress Preliminary Lecture Lineup as of March 1st
All Information Subject to Change

WOMEN COACHING

- Development Program Update
- Xcel Program Update
- Prep before the Prep - Creating Physical Abilities and Beyond!
- Compulsory to Optional: How the Basics Transform
- Coaching High-Level Athletes in Today's Environment
- Trampolines and More: Developing Air Sense in your Athletes
- Let's Get Tight!
- No Table? No Problem! Vault Drills and Side Stations
- Level 6/7 Vault: What We Want to See and How to Get It!
- Yurchenko Development to the 1.5 Twist
- Advanced Vaulting: Developing Rotation Off the Table
- Uneven Bars Road Map
- Simple Methods for Bar Transitions
- Pak Progressions for Everyone: How to Start them Early without Starting too Early!
- Compulsory Beam Review
- Progressing Backward Beam Dismounts Safely and Independently
- Judge It, Drill It, Fix It! Beam and Floor Deductions
- Compulsory Floor Review
- Better Tumbling Takeoffs and Flipping Mechanics
- Let's Get Started with Choreography!

HANDS-ON SPOTTING

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

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RECREATIONAL: PRESCHOOL & SCHOOL AGE

- Recreational & Preschool Leaders Summit
- All Things Parent & Tot
- Preschool Themes: Learn to Love Them!
- Warm-Up, Games, and Other Preschool Fun
- Motor Programming and Development
- Stations that are Visually Exciting to your Students AND your Parents
- Not Your Average Preschool & Beginner Beam Ideas
- Vault: Is the Run Even Important?
- Send Me Your New Coaches: 30 Drills for Beginner Floor Exercise in an Hour
- Send Me Your New Coaches: 30 Drills for Beginner Uneven Bars in an Hour
- Why Ninja Works and Why Choose It (including Setups in Small Spaces)
- 5-Minute Time Fillers
- Class Management Through Connection
- Philosophies of an Undeniable Coach and Mentor
- Wow Your Clients/Parents with Great Kid Rewards!
- Skill Deconstruction and Lesson Planning
- Games, Games, Games! They Are Not Just to Kill Time!
- Conditioning Can Be FUN!
- Excellence. Every Student. Every Time.
- Special People in our Gyms: Opening the Door to Special Needs
- Pre-Team Development Culture: Handstands to Happiness

SPORT SCIENCE/ATHLETE WELLNESS

- Use of Force Plates in Rehab, and Pre-Season Baseline Testing in Gymnastics
- Use of Gymnastics-Specific Return to Play Programs after injury
- Core Strength: Abs, Ideas, Stability, Positioning
- Flexibility and Movement: The Science Behind the Magic!
- How to Help Your Athletes Overcome Fear and Mental Blocks
- Avoid the Backwards Block: Drills to Develop Mind and Body
- How to Help Your Gymnasts Actually Think Positively
- Communication & Culture: How Do I Get Them to Stop Rolling their Eyes?
- Give Your Gymnasts the Mental Performance Foundational Tools They Need to Succeed
- Raising the Bar without Crossing the Line: Understanding High Standards vs. Harmful Coaching Practices

BUSINESS

- Best Business Practices
- 10 Steps to Finding and Hiring New Coaches!
- From Chaos to Clarity: Creating Your Annual Marketing Strategy

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- Taking Advantage of Social Media: Why? How? And What If?
- No Org Strategy? Say Hello to Urgencies, Emergencies and 50-Hour Work Weeks
- How to Integrate Professional Development Into Your Gym
- Navigating Parent Relationships: Building Trust and Addressing Concerns
- Hire, Inspire, Train, Retain!
- Wow Your Clients/Parents with Great Kid Rewards!
- The Future is Now: AI & Tech Tools Every Business Should Use
- What Do We Measure and Why Does it Matter?
- The "Rs" of Maximizing Your Square Footage
- Great Operators Think Differently: Winning the Inner Game of Leadership
- Risk Management in Action: Strategies for Safe Gymnastics Programs

WOMEN TECHNICAL

- Meet Referee Duties and Judging Professionalism
- Up to Level: Levels 8-10 Floor Exercise
- 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
- Xcel Mysteries & Uh-Ohs

MORE TO COME!