



2025 Region 6 Congress Preliminary Lecture Lineup as of March 25th All Information Subject to Change

WOMEN COACHING

- Development Program Update
- Xcel Program Update
- NCAA Update
- Physical Preparation
- Strategies for Training at Any Age
- 10 Skills to Take Your Team to the Next Level
- Guiding Athletes Through Skill & Strength Development: When & How to Advance Training Phases
- No Table? No Problem! Vault Drills and Side Stations
- Level 6/7 Vault: What We Want to See, and How to Get It
- Advanced Vault
- Creating a Yurchenko
- Uneven Bar Stations: Drills for Skills
- Uneven Bars: Mastering Pirouettes and Turns
- 10 Areas to Improve Flexibility for Women's Uneven Bars
- Beam Complex
- Beam Drills for Dance Skills and Beam Complex
- The Full Turn on Beam: Start Here
- Xcel Beam: Judge it, Drill it, Fix it!
- Compulsory Beam Routine Problem Areas: Train to Fix
- Progressions for Tumbling on Beam
- Breaking Down the Dance Skills Needed to be Successful
- FX: TOPs to Elite
- Choreography
- The Art of Artistry
- Leaps and Jumps on Floor
- Foundations of Floor Tumbling
- Compulsory Floor Text
- Teaching and Perfecting Compulsory Tumbling Passes & Back Extension Rolls

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- Liner Speed for Tumbling
- How to Teach Back Twisting
- Whips and Tumbling Connections

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

RECREATIONAL: PRESCHOOL & SCHOOL AGE

- Child Development, Class Management and Safety
- What to Do with Babies Who Are Not Yet Walking
- Preschool Theme Weeks
- Lesson Planning
- CHEEZ-OLOGY: The Many, Many, MANY Educational Ways to Use a Wedge Mat
- 31 Ways to Retain your Rec Students Longer through Awesome Creativity!
- The 11 Unbreakable, Unshakable, Unbreachable, Everlasting Laws of Recreational Coaching
- Coaching Zen: Master the Art of Behavior Management
- Games, Games, Games!
- Trampoline and Tumbler Trak Basics
- Back Handspring Drills and Progressions
- How to Teach Boys Rec Classes – Ninja Style!
- Preschool & Recreational Bars
- Preschool & Recreational Beam
- Beam – or is it Bars? – or is it Tumbling? Using Beam to Introduce Shapes
- No More Dip Kicks! Making Recreational Beam FUN
- Vault: Is the Run Even Important?
- How to Be a Better Coach at Deconstructing Skills
- How to Start a TeamGym Program
- PreTeam Training
- How to Have a Program for Athletes with Special Needs

SPORT SCIENCE/ATHLETE WELLNESS

- Athlete Wellness Boot Camp
- Injury Prevention: Now and For the Future
- Indestructible Ankles: Evaluate, Rehabilitate, and Prepare your Athletes' Ankles for the Intense Demands of Gymnastics
- Sports Nutrition Basics: A Coaches Conversation

- Stronger Every Fall: Coaching Gymnasts Through Adversity and Setbacks
- From Fear to Freedom: Guiding Gymnasts to Overcome Mental Blocks
- Understanding Perfectionism: Believe in Me

BUSINESS

- Customer Service
- Business 24/7/365
- Redefining Success
- 10 Solutions to Problems Small Business Owners Face
- Taxes: Just as Much Fun as Back Handsprings!
- Lower the Degree of Difficulty – on your OPERATIONS!
- Tech that Transforms: Simplifying Operations with the Right Tools
- Bottom Dollar: Reaching Moms on a Zero Marketing Budget
- Gen Z: Tomorrow's Cashed-Up Mom is Here Now
- Marketing: Mapping out 12 Months of the "Customer Experience"
- Rule your Gym
- The 3 "Cs" of having a Terrific Staff: Culture, Character and Conveyor Belt
- HR Essentials for Gym Owners: Building and Managing a Winning Team
- How to Make Better Leadership Decisions For You and Your Staff

WOMEN TECHNICAL

- Up to Level: Levels 8-10 Floor Exercise
- Level 6/7 Vault: What We Want to See, and How to Get It
- 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!