



2025 Region 7 Congress Preliminary Lecture Lineup as of March 1st **All Information Subject to Change**

WOMEN COACHING

- Development Program Update
- Xcel Program Update
- Seasonal Preparation
- Conditioning Philosophy: How to Make You're your Kids LOVE Conditioning!
- Progressions and the Steps Between
- Prep Before the Prep: Creating Physical Abilities and Beyond!
- Compulsory to Optional: How the Basics Transform
- Xcel Excellence Bronze to Sapphire: How to Manage, Implement and Succeed
- The Ins and Outs of Xcel and Development Program
- Vaulting with Confidence: Techniques for Safe Power Development
- No Table? No Problem!
- Front Handspring Vault
- Developing Timers for Level 6/7 Vault
- Twisting Non-Flipping Vaults: Let's Get Them Bigger and Higher!
- Uneven Bar Stations: Drills and Skills for Pre-Team and Xcel
- Uneven Bars: Level 1-2
- Uneven Bars: Level 3-4
- Flyaway Development: Tap Swing to Double Layout
- Front and Back Giants
- Pak Progressions for Everyone: How to Start Them Early Without Starting TOO Early
- Compulsory Beam: Let's Review! Are You Doing it Correctly?
- Compulsory Floor Levels 3-6: How to Train it Correctly
- Tumbling Basics are the KEY
- Basic Tumbling up to Front and Back Layouts
- Front and Back Twisting
- Express Yourself: Boring to Brilliant FX Choreography
- Beam & Floor: Judge It, Drill It, Fix It: Correcting some of those Judging "Tenths"
- Leaps, Jumps and Turns

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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

- Preschool/Recreational Teaching Tips
- Parent & Tot Classes
- Special Needs
- The Perfect Lesson Plan! Getting detailed while staying flexible!
- Use Whatcha Got! (to Teach Ninja Class with Gymnastics Equipment)
- Handstands: Build Them Right From the Start!
- Making Bars Easier for Recreational Classes
- The Back Handspring Machine
- Trampoline for Recreational Gymnasts
- Understanding the Stages of Physical Development
- Perception in Recreational Gymnastics: Understanding Perspectives to Enhance Teaching
- Creating the PERFECT SETUPS: Stations, Circuits and Machines
- Making Beam FUN for Recreational Gymnasts

BUSINESS

- The Easiest and Most Useful Data to Track to Know Your Gym's Financial Health
- The Importance of a Great Team Handbook: Make Running a Team 100% EASIER!
- Grant Writing 101
- Navigating Parent Relationships: Building Trust and Addressing Concerns
- Taking Advantage of Social Media: Why? How? And What If?
- 10 Steps to Finding and Hiring New Coaches!
- Risk Management in Action: Strategies for Safe Gymnastics Programs
- Solving Your Staffing Woes!
- Is 4 a Crowd? Boomers to Zoomers in the Workplace
- Employee Well-Being and Retention
- From Manual to Magical: Leveraging AI & Automation for Growth and Efficiency
- How to Keep Your Employees Safe in an Ever-Changing Environment

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WOMEN TECHNICAL

- Up to Level" Levels 8-10 Floor Exercise
- Give and Take: The Lowdown on Landings and Falls
- Focus on Uneven Bars: What is Your Judging Process?
- What's My Name? Skill Recognition
- 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!
- In the Shoes of an Athlete: Judging from their Perspective
- Beam Connections: Dance/Mix/Acro: Stop, Tempo? When to Start Counting a CP
- Rolling with the Punches: Judging Professionalism
- Differentiating Vaults Level 6/7: What do Athletes Need to Show the Judges to Separate Themselves from the Pack?
- Xcel Mysteries & Uh-Ohs
- Bonus Through the Levels and Divisions: Who Gets What, When?

SPORT SCIENCE/ATHLETE WELLNESS

- Hands-on Taping
- Gymnast Wrist: Tips and Tricks for Coaches and Athletes with this Condition
- Injury Risk Screening for Athletes
- Return to Play after a Concussion
- The Psychology of Learning New Skills
- Mind Over Beam: Overcoming Fear and Building Confidence on High-Risk Events
- Stop the Spirals: Teaching Athletes to Turn Adversity into Opportunity
- Communication & Culture: How Do I Get Them to Stop Rolling Their Eyes?
- Performance Nutrition Strategies for Gymnasts: The Science Behind Snacking
- Raising the Bar Without Crossing the Line: Understanding High Standards vs. Harmful Coaching Practices

MORE TO COME!

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