



Region 2 Congress Lecture Lineup as of February 2026 All Information Subject to Change

COACHING TOPICS

- Women's Development Program Update
- Women's Xcel Program Update
- Sneak Peek: The 2029-2037 Compulsory Elements
- Navigating the Rules & Policies: The Who, Where, What, When, Why & How
- How to Get Your Gymnasts to the Next Level
- Flexibility and Conditioning
- Compulsory Bars Problem-Solvers
- Successful Squat-Ons: 25 Drills to Promote Safe, Clean Squat-Ons
- How to Maximize Your Bar Workouts for Every Level, All Year
- The 9 Principles of Bars to Teach or Correct Any Skills
- Compulsory Beam: Drills for Skills
- All About Beam Handstands: Getting Your Handstands Strong While Having Fun
- Coaching Optional Beam
- The Fundamentals of Twisting and Pirouetting
- Optional Leaps, Jumps and Turns
- Great Tumbling with Low Deductions
- Front Tumbling
- Step-by-Step Choreography: From Routine Construction to Artistic Excellence

HANDS-ON SPOTTING: GUIDED PRACTICE

- Vault: Yurchenko Training
- Bars: Kips; Clear Hips and 3, 6, 7 Circling Skills; Flyaways; Low Bar Giants; Overshoots
- Beam: Cartwheels; Handstands; Back Walkovers; Acro Skills & Connections; Compulsory & Optional Dismounts

- Floor: Back & Front Handsprings; Round-off, Back Handspring Series; Roundoff, Back Handspring, Back Tuck and Beyond; Aerials; Standing Back Tucks; Front Tucks, Front Tumbling Series

RECREATIONAL: PRESCHOOL & SCHOOL AGE

- Twister: Class Management for the Preschool Brain
- Preschool Bars
- Preschool Brain Games: Understanding the Developing Minds of Preschoolers
- The Science of Behavior and Reinforcement
- Spice Up Your Warm-Ups
- Recreational Games
- Handstand-palooza!
- Prop it Up!
- Beam is NOT Boring!
- Recreational Floor Skills: Let's Build Progressions
- The Art of Clear Coaching with Shape Stacking
- Coaching Boys Classes!
- Engineering Excellence: Systematic PreTeam Foundations that Prepare Athletes for Future Excellence (Free 2.5 Hour Boot Camp)

SPORT SCIENCE / ATHLETE HEALTH & WELLNESS

- Training Through Growth Spurts
- How Your Motivational Climate Influences Improvement
- The Science and Practice of Stick People Drawing to Deepen and Speed Up Learning
- Thank You for This Injury: A Deep Dive into All Sides of Difficulty & Pathways to Greatness
- Coaching Attention Differences: ADHD-Smart Strategies

PROFESSIONAL DEVELOPMENT & WELLNESS

- Living a Balanced Life!
- Juggling Acts: Time Management and Leadership for the Gymnastics Superhero!

BUSINESS

- Beyond the Numbers: Using Data to Make Confident Business Decisions
- 24/7/367 Business
- Five Practical Uses of AI in Running a Gymnastics Gym

- Little Extras that make a Big Difference in your Gym's Bottom Line
- Questions to Ask in your Interview to Find the Right Fit

WOMEN'S TECHNICAL

- Level 6/7: Unlocked: What's New and What You Need to Know
- Level 8: Unlocked: What's New and What You Need to Know
- Level 9 Unlocked: What's New and What You Need to Know
- Level 10: Unlocked: What's New and What You Need to Know
- Artistic Performance Throughout: Levels 6-10 Beam and Floor
- How to Calculate Start Value: Levels 8-10
- "Up To" Deductions for Dev and Xcel
- Mysteries of Xcel
- Practice Judging Sapphire Routines
- NCAA Update

MORE TO COME!