



## Region 3 Congress Lecture Lineup as of January 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
- Is Gymnastics Like Math? Understanding Progressions for Compulsories
- How to Get Gymnasts to the Next Level
- Skill Profiling
- Vaulting Mechanics: The Basics are the Basis
- Yurchenko Vault
- Coaching and Judging Front Salto Vaults: Performance Expectations & Evaluation
- How to Maximize Your Bar Workouts for Every Level, All Year
- The 9 Principles of Bars to Teach or Correct Any Skill
- The Fundamentals of Twisting and Pirouetting
- Optional Balance Beam: Composition vs. Confidence
- Compulsory Floor: Let's Get Back to the TEXT
- Internal and External Amplitude: Separating the Good from the Great
- Keeping Practices Spicy: Unique and Fun Training Assignments
- Choreography: Leaps, Jumps & Turns

### 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

- How to Get the Most Out of Your Preschool Athletes During Class
- Keeping the Chaos Cute: How to Help Your Coaches manage Energetic Little Movers
- Wobbly Walkers, Mighty Movers! One-Year-Olds in the Gym
- Prop it Up! Props for Preschool and Rec Classes
- Station Creation LIVE
- The Progression Playbook
- Progressions: Recreational Floor
- The Back Handspring Machine
- Beam is NOT Boring
- Making Bars Easier and More Fun for Recreational Gymnasts
- Trampoline for Recreational Gymnasts
- Teach, Praise, Correct
- The Coach You Are and the Coach You're Becoming
- Special Needs Boot Camp (2.5-Hour Extended Session)

## SPORT SCIENCE / ATHLETE HEALTH & WELLNESS

- Low Back Pain in Gymnasts: A Physical Therapy Perspective on Evaluation, Rehabilitation and Injury Prevention
- Injury Prevention in Gymnastics
- The Energy Equation: Preventing Burnout in Athletes and Coaches
- The Possibility Project: Helping Athletes Discover the Power of Their Own Possibility
- Turning Progressions into Successful Triumphs
- Reject the Script: Breaking Generational Patterns in Coaching
- How to Utilize and Get the Most out of Team Building Activities (from a Coaching and Sport Psychology Perspective)

## BUSINESS

- Readiness & Response: How Clubs Navigate the Unexpected (2-hour workshop)
- The Gym Owner's Checklist
- Marketing ROI: What's Worth Your Investment and What's Not
- Multiple Methods for Managing Your Payroll Expenses
- Coaching in a Connected World: Phones, Platforms and Digital Safety

- From First Impressions to a Culture of Advocacy: Creating a Tailored Customer Service Experience that Attracts and Retains
- Out-of-the-Box Ideas for the “This is How We’ve Always Done It” Mentality
- The Three Layers of a Strong Gym: Behavior, Systems and Cultures (and where Problems Really Start)
- How to Start an Acrobatic Gymnastics Program

#### WOMEN’S TECHNICAL

- Artistic Performance throughout Beam and Floor
- Comparing Front Tumbling to Back Tumbling
- Coaching and Judging Front Salto Vaults: Performance Expectations & Evaluation
- Silver and Level 3 Vault: Nuances that Separate and Define this Vault
- Solving the Puzzles of Xcel Gold Routine Start Values
- How to Calculate Start Value: Levels 8-10
- Level 6/7
- Level 8
- Level 9
- Level 10
- NCAA Update

MORE TO COME!