



Region 4 & 5 Congress Lecture Lineup as of January 2026 All Information Subject to Change

COACHING TOPICS

- Women's Development Program Update
- Women's Xcel Program Update
- Foundational Gymnastics Boot Camp: Pre-Team, Dev & Xcel
- Creating a Positive Relationship with Exercise by Keeping Conditioning FUN!
- Handspring and Twisting Vaults
- Yurchenko Entry
- Beginning Kips and Casting
- Compulsory Bars Problem-Solvers: Squat-Ons, Front Hip Circles, Underswings and Kip-Cast Connections
- Today's Uneven Bar Stations for Tomorrow's Success
- Developing In-Bars
- Bridging the Gap: Compulsory Beam – a Coach/Judge Perspective
- Make Beam Your Favorite Event
- Beam Complex
- The Complete Package: Putting it All Together for Beam and Floor
- Developing Line Drills
- Bridging the Gap: Compulsory & Xcel Tumbling
- Technically Proficient Floor Tumbling
- Floor Circuits for Optional and Advanced Xcel
- Developing Twisting
- Front Tumbling
- Advanced Leaps & Jumps on Floor

HANDS-ON SPOTTING: GUIDED PRACTICE

- Adaptive Gymnastics
- Recreational Skills on All Events
- 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

- Recreational Staff Training Summit (3-hour workshop)
- Parent & Tot: Creating Moments
- Formatting Preschool Lesson Plans for 3s and Up
- Development-Based Lesson Planning
- Fun-Filled Fitness
- The Unmissable Class
- MUSIC to Make Your Lesson Plans Come Alive!
- Themes, Brain Breaks, and Challenges: The Perfect Add-ons to Skill-Based Curriculum
- Finding the Balance of Fun and Fundamentals in Rec Programs
- Class Management Strategies for Neurodivergent Learners
- Basic Ninja Skills with Gymnastics Equipment
- Vault with Confidence
- Bars for Preschoolers: What Can They Do?
- Tumbling Safely
- BB Creative – No Fear
- Framework for Coaching Boys: Skills, Game and Engaging Lesson Plans
- What Do I Do With All This Info? Making a Plan After Congress

SPORT SCIENCE / ATHLETE HEALTH & WELLNESS

- What's Going on With Your Gymnast's Nutrition?
- Creating Health Backs: What Every Coach Needs to Know in 2026
- Abs! Just Abs. How to Make Them, Keep Them, and Use Them.
- How to Integrate Mental Training into Your Competitive Program
- Managing Emotions and Expectations with Athletes
- Reject the Script: Breaking Generational Patterns in Coaching

BUSINESS

- Readiness & Response: How Clubs Navigate the Unexpected (2-hour workshop)
- Human Resource Pitfalls: What You Don't Know CAN Hurt!
- Financial Elevation and Acceleration
- Beyond the Skills: Teaching Professionalism to Young Coaches
- Coaching in a Connected World: Phones, Platforms & Digital Safety
- 10 Steps to Finding Great Coaches
- The Critical First Year of Employment
- Staff Meetings Worth Showing Up For
- The Overlooked Advantage: Smart Marketing Moves You May Be Missing
- Unlocking Hidden Marketing Wins: Simple Moves to Drive Up Enrollment
- What Can AI Really Do For Me?
- Partner or Problem? Navigating Parent Relationships for Athlete Success
- Metrics that Matter

WOMEN'S TECHNICAL

- Artistic Performance throughout Beam and Floor
- How to Calculate Start Value: Levels 8-10
- Level 6/7
- Level 8
- Level 9
- Level 10
- NCAA Update
- Judges Leadership Course

MORE TO COME!