



Region 6&7 Congress Lecture Lineup as of March 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
- The Basics Before the Basics
- Line Basics
- How to Get Gymnasts to the Next Level
- The "Simple Folk" Skill Charts: An Alternate View of Skill Development
- The Octimisation Model: The 8 Movements & Competencies Every Gymnast Needs
- In Every Skill there is a Deliberate Place to Look: The Critical Role of 'Vision' in Gymnastics
- The Gymnastics Pyramid of Preparation: Building Skills the Right Way, Every Time
- Keeping Practices Spicy: Unique and Fun Training Assignments
- 15-Minute Trampoline Rotations for MAG, WAG and Rec
- Compulsory Skill Performance: A Coach/Judge Perspective
- Foundations of Vaulting: From Building Blocks to Power Rocks for Compulsory, Xcel, and Beginner Optionals
- Yurchenko Training
- Those Flipping Vaults: A Coach/Judge Perspective
- The 9 Principles of Bars to Teach or Correct Any Skill
- Xcel Beam Connections: A Coach/Judge Perspective
- Compulsory Beam Elements: What's My Deduction, and How to Train
- Beam: Circuits and Complexes for Optional Gymnasts
- The Fundamentals of Twisting and Pirouetting
- Back and Front Twisting on Trampoline
- Compulsory Floor: Am I doing it Right? Key Areas to Focus On
- Front Tumbling

- Big Air, big Finish on floor!!! Preparing for National Floor Success
- My Favorite Floor Dance Drills
- Choreography the LaBlast Way! Louis Van Amstel from Dancing with the Stars
- Shining Those Sapphire Gems: What Goes into a Sapphire Start Value and Getting the Most of the Skills You Have
- Xcel: Cookie Cutter Ain't Cutting it Anymore
- Performing Outside the Box: Creativity in Xcel Special Requirements

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

- Partner them Up! Getting Parents Involved and *Loving Parent/Child* Classes
- Organized Chaos: Preschool Class Management
- Organized Chaos: Making Rec & Preschool Classes Work for Neurodiverse Kids
- Understanding the Stages of Physical Development
- Learning Styles
- Teach, Praise, Correct
- Motor Learning, Motor Development, and the Theory of Muscle Memory
- Skill Deconstruction and Lesson Planning for Preschool & Recreational Gymnastics
- Recreational Vault
- Bar Wars
- Recreational and Preschool Bars: Achieving a lot with Limited Time
- Recreational Beam
- Floor Tumbling: Using Skill Deconstruction
- All for One! A Station for All Levels
- Shrine of the Panel Mat
- What "Inclines" You to Coach? Stations Using Incline Mats
- Live Demo: Basic Ninja Skills with Gymnastics Equipment!
- Games, Games, Games and Game Leadership 101

- 5-Minute Fillers
- Preschool & Recreational Leaders Summit
- Foundational Gymnastics Bootcamp: Serving the PreTeam, Developmental and Xcel Gymnastic Coaches Community

SPORT SCIENCE / ATHLETE HEALTH & WELLNESS

- Taping 101
- Lending a Hand: Upper Extremity Injuries and Prevention
- Weight Training for Gymnasts
- You're Doing Too Much: How to Avoid Overuse Injuries with Conditioning
- Beyond Food: The Psychology of Fueling Gymnasts for Success
- The Recovery Gap: Why Gymnasts Aren't Rebounding and How to Get them to Bounce Back
- Understanding the Stages of Physical Development
- Motor Learning, Motor Development, and the Theory of Muscle Memory
- Supporting the Whole Gymnast: What Every Gymnast Needs to Thrive
- Learn How to Integrate Mental Training into Your Competitive Program
- The Psychology of Skill Progressions: How to Train the Brain AND the Body
- Understanding Mental Blocks in Gymnastics: Why They Happen and How Coaches Can Help
- From Fear to Freedom: Guiding Gymnasts to Overcome Mental Blocks
- Mind Over Beam: Overcoming Fear and Building Confidence on High-Risk Events

PROFESSIONAL DEVELOPMENT & WELLNESS

- "You're Just a Gymnastics Coach" – Turning a Label into a Leadership Career
- Coaching in a Connected World: Phones, Platforms and Digital Safety
- Rejecting the Script: Breaking Generational Patterns in Coaching
- The Burned-Out Coach: How Stress Shows Up in Coaching Behavior

BUSINESS

- The Gym Owner Checklist
- Riding the Tide; The Ups, Downs, and All Around: 20+ Years Owning a Children's Recreational Facility
- Multiple Methods for Managing Your Payroll Expenses
- Grant Writing
- The Three Layers of a Strong Gym: Behavior, Systems and Culture (and Where Problems Really Start)

- Leadership: What is Your Superpower?
- Staff Meetings Worth Showing Up For
- The Science Behind Successful Employees
- You Can Teach Energy: Building Dynamic, Intentional Preschool Coaches
- Building an Amazing Brand
- Enrollment-Driven Customer Service
- Communicating with Dignity: How to Be Helpful and Effective in Customer Mediation
- What's Really Putting Your Gym in Danger? Legal Landmines You're Missing
- How the Men's Club Track Program can bring Value to your Gym
- Readiness and Response Workshop

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
- NCAA Update
- Those Flipping Vaults: What to Look for as Judges and How to Improve it as Coaches
- Critical Thinking and Decision Making in Judging
- Shining Those Sapphire Gems: What Goes into a Sapphire Start Value and Getting the Most of the Skills You Have
- Handling Difficult Situations: Professional Responsibility and Decorum for Judges
- Ready... Set... "Start" Value! Handling the Questionable things that Impact the Xcel Start Value

MORE TO COME!