



Region 8 Congress Lecture Lineup as of January 2026 All Information Subject to Change

COACHING TOPICS

- Women's Development Program Update
- Women's Xcel Program Update
- Let's Get Tight!
- Conditioning
- No-Space Warm-ups and Conditioning
- Utilizing Underused Equipment in Your Gym for Conditioning & Station Work
- Xcel Time Management: Utilizing Trampoline & Side Stations
- Keeping Practices Spicy: Unique & Fun Training Assignments
- The Science of Skill Acquisition
- How Proper Basics Evolve into High Level Skills
- The Top 10 Skills Needed to Take Your Club to the Next Level
- The Octimisation Model: The 8 Movements & Competencies Every Gymnast Needs
- The Gymnastics Pyramid of Preparation: Building Skills the Right Way Every Time
- Daily, Weekly, Monthly, Yearly
- In Every Skills there is a Deliberate Place to Look: The Critical Role of Vision in Gymnastics
- Handspring Vaulting
- Yurchenko Development
- Compulsory Bars: Levels 2-3
- Compulsory Bars: Levels 4-5
- The Cast Handstand Machine: Developing Confidence Leaning Over the Bar
- The UB Big 5: Handstand, Circle, Back Giant, Front Giant, Flyaway
- Single Bar Releases
- Xcel Beam & Floor Routine Construction: From Boring to Brilliant
- Understanding the Basic Beam Acro Skills for Ultimate Success
- Compulsory Floor Levels 3-5: Let's Get Back to the Text

- Developing Round-off, Back Handspring, Back Tuck to Layout
- Front and Back Twisting
- Teaching Dance to Beginners and Making it FUN!
- Breaking Down the Dance Skills Needed to be Successful
- College Recruiting 101

BOOT CAMP

- Foundational Gymnastics Boot Camp: For Coaches of Pre-Team, Xcel and Development Program Athletes

HANDS-ON SPOTTING: GUIDED PRACTICE

- 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

- Partnering Them Up! Getting Parents Involved and Loving Parent/Child Classes
- Songs & Silliness: Games and Warm-ups for Preschoolers
- Bee Smart: Take the Sting out of Preschool Classes
- Really, Really Creative Preschool Props and Themes
- Preschool Bars: What Can They Really Do?
- Shrine to the Panel Mat
- What "Inclines" You to Coach? Stations Using Incline Mats
- More Stations, Stations, Stations!
- Recreational Vault
- No-Spot Bars
- Beam Basics and Progressions
- 5-Minute Games for Rec and Team
- Vault and Bar Stations for Xcel and Recreational Classes
- More Guy Stuff: Engaging Boys through Hollywood and Heroes
- Floor Tumbling with Skill Deconstruction

- Learning and Teaching Styles: Stations and Progressions
- Working with Athletes with Special Needs: Top 10 Things to Know

SPORT SCIENCE / ATHLETE HEALTH & WELLNESS

- Return to Play after Injury
- Injury Prevention
- Culture Matters: How Language Influences the Risk of Disordered Eating
- Mental Routines to Get New Skills
- Meet-Day Mental Routine
- Believe in Me: Understanding Perfectionism
- My Story as a Lesson: What I Wish My Coaches Knew When I was Blocking
- Reject the Script: Breaking Generational Patterns in Coaching

BUSINESS

- Readiness & Response: How Clubs Navigate the Unexpected (2-hour workshop)
- The Three Layers of a Strong Gym: Behavior, Systems and Cultures (and where Problems Really Start)
- Deciding How Much to Charge
- Getting Unstuck
- Stop Reinventing the Forward Roll: Systemizing Your Lesson Plans and Annual Program Calendar
- Maintaining the Work-Life Balance? Integrating these Identities is the Actual Goal
- A Tidy Talent Pipeline: Leveraging Common Technology for Efficient Recruiting, Hiring and Training Management Flow
- Coaching in a Connected World: Phones, Platforms and Digital Safety
- Taking Advantage of Social Media: Why? How? And What If?
- Training Coaches the Modern Way: How to Develop Confident, Skillful and Long-Term Staff
- What's Really Putting Your Gym in Danger? Legal Landmines You're Missing
- The Staffing Code 2.0: Updated Strategies for Today's Workforce
- Five Practical Uses of AI in Running a Gymnastics Gym
- Quick Books for Gym Owners
- The Mental Operating System Every Gym Owner Needs for Sustained Success
- Exit Strategies for Gym Owners: What it Really Takes to Pass On or Sell Your Gym

WOMEN'S TECHNICAL

- Artistic Performance throughout Beam and Floor
- Differentiating Xcel & Dev Bar Routines with Similar Skill Sets
- Tips for Judging Level 6/7 Vaults Consistently
- Execution on Beam: Jumps and Leaps with Turn
- What's in the R&P That Judges Should Know
- Uneven Bar Release Moves with Combinations for the New Code
- How to Calculate Start Value: Levels 8-10
- Front Tumbling on Beam and Floor
- Level 6/7
- Level 8
- Level 9
- Level 10
- NCAA Update

MORE TO COME!