

Friday, August 23 | 2024 REGION 1 CONGRESS

	Cedar/Pine	Fir	Oak	Bayshore (LIVE)	San Jose/Santa Clara	Monterey/Carmel	San Carlos/San Juan
8:30 – 9:30 AM	JD McDonald, Evelyn Paradis, Gigi Iavarone Women's Development Program Update (Cedar/Pine)		Jill Preston Uneven Bars: Drills for Skills	Tammy Biggs Leaps, Jumps and Turns: Building for the Future	Jeff Lulla Creating the Happiest Place on Earth	Yuka Suigora The Vestibular System: A Powerful & Untapped Tool to Boost Flexibility, Balance & Power	Shelba Waldron Collaborating with Parents
9:45 – 10:45 AM	Jill Preston & Gigi Iavarone Women's Xcel Program Update	Tom Forster Uneven Bars: Turning Circles into Releases	Allison Vaughn So You Think You Can Dance?		Pam Evans Let the Music Move You! Best Music for Recreational and Pre-School Classes	Anne Bradshaw Adapting a Station from Baby to Preteam	Jason Vonk Handling Conflict
10:45-11:15AM	Coffee Break • Visit Exhibit Hall						
11:15 AM – 12:15 PM	Connie Maloney & Gigi Iavarone Back to Basics: Are we evaluating basic skills consistently?	Tom Forster Laws of Motion: To help NEW Team Coaches	Bindee Eberlee The Positive Approach to Gymnastics Nutrition: Feeding the WHOLE Athlete	Jill Preston & Taylor Iwanylo Fun with Warm-up and Conditioning	Michael Taylor Drills for Recreational Vaulting	Paige Negrate No Mat? No problem!	Anne Bradshaw Laying the foundation: How to Build a Following using Social Media
12:15 – 1:30 PM	<i>Lunch and Learn</i> Kat Sgamba & Rod Tadunzel Best Practices for Coaches & Judges (12:45-1:30pm)	<i>Lunch and Learn</i> Julie Jay Staying in your lane when you wear MANY hats (12:45-1:30pm)					<i>Lunch and Learn</i> Jeri Foley Xcel & Optional Rule Differences (12:45-1:30pm)
1:30 – 2:30 AM	Gigi Iavarone & Connie Maloney Bar Releases: Xcel through Level 10	Tom Forster Going Hopes? Where to Start	Tammy Biggs TOPs to Elite Beam: Tumbling, Dance and Artistry	Michelle Kocan Bar Basics: How Many Drills Can I Set Up to Expose My Littles to the Big Skills?	Jill Preston Xcel Beam: Series Training and Selection Options	JD McDonald Compulsory Floor Levels 3-5: Are You Doing It Correctly?	Shelba Waldron Balancing Acts: Creating and Communicating Policies
2:45 – 3:45 PM	Gigi Iavarone & Jane Caruso Compulsory Beam Levels 1-5: Looking at the Throughout Deductions	Jason Vonk Developing the Round-off, Back Handspring, Back Tuck and Layout	Dr. Ryan Ting Preventing Overuse Orthopaedic Injuries in Gymnasts	Quin Shannon HOS: Recreational Skills	Derick Moellenbeck Kip Clinic	Jeff Lulla Curriculum Progressions, Courses and Lesson Planning	Tom Forster Business Buying or Selling: An Owner's Perspective
4:00 – 5:00 PM	Jamie O'Neil & Shane McIntyre Level 6/7 Vault	Derick Moellenbeck, Jason Vonk & Jill Preston Training Questions: Q & A Panel Discussion	Tammy Biggs Strategies for Training to Compete (any age)	Quin Shannon HOS Kips / Front & Back Handsprings	Michael Taylor Class Management and Student Behavior	Anne Bradshaw Preschool Themes: How to Run a Successful Tots Program	Andy Seeley Using AI for Business Marketing and Operations
5:00 – 6:00 PM	NCAA UPDATE Jenna Kranbill & Joanne Bowers, Head Coach at San Jose State University				Perry Siu NorCal Women's Gymnastics Association		
6:00 – 7:00 PM		Julia Andrews NorCal NAWGJ open meeting					

Saturday, August 24 | 2024 REGION 1 CONGRESS

	Cedar/Pine	Fir	Oak	Bayshore (LIVE)	San Jose/Santa Clara	Monterey/Carmel	San Carlos/San Juan
7:45-8:25 AM				Morning YOGA/Stretch			
8:30 - 9:30 AM	Gigi Lavarone & Tammy Biggs Dance Technique: Evaluating Dance Skills	Shane McIntyre Start Building Your Yurchenko NOW	Nicole Langevin SMALL Routine Changes for BIG Score Changes on Bars and Beam	Taylor Iwanylo Line Basics and Side Stations	Michelle Kocan Recreational Beam	Spencer Clapp & Tyler Wenzel Worlds Collab: Learn Ninja Skills to Add to Your Program	Lynn Ledford Leadership for Gymnastics Leaders Who Hate Leadership Topics
9:45 - 10:45 AM	Tammy Parsons & Armen Astonian Bar Circles & Release Moves	Jill Preston & Jane Caruso Xcel Mysteries & Uh-Ohs	Rebecca Smith The Perfectionism Problem: How to Develop Highly Successful Athletes Without Sacrificing Joy or Risking Burnout	Tammy Biggs Beam: Complexes and Dance Drills to Build Success and Confidence	Beth Gardner Teaching Boys	Pam Evans 15 Tricks to Achieving a FUN Safe Class	Jeff Metzger Planning & Managing a Multi-Venue Operation
10:45-11:15 AM	<i>Coffee Break • Visit Exhibit Hall</i>						
11:15 AM - 12:15 PM	Connie Maloney & Jane Caruso Non-Salto Vaulting: Xcel and Development Programs	Jason Vonk Two-Salto Passes	Mary Wright Leaps & Turns on Beam & Floor: Emphasis on Technique	Quin Shannon HOS Clear Hips / Roundoff BHS BHS	Gene Hurwin Everything Obstacle Course: Why to, How to, and When to	Steve Greeley What Separates the Best from the Rest: Getting from Good to Great!	Pam Evans Never Be Short Staffed! Hiring and Training Teenage Coaches
12:15 - 1:30 PM	<i>Lunch and Learn</i> Rebecca Calloway Shorthand & Notations 12:45-1:30pm						<i>Lunch and Learn</i> Celeste Hamil Compulsory What IFS 12:45-1:30pm
1:30 - 2:30 PM	Jane Caruso & Gigi Iavarone What a Puzzle! Navigating Difficult Judging Scenarios on Vault, Bars, Beam & Floor	Tenaya Hazen Xcel Vault: Technique for Twisting vs. Flipping	JD McDonald Compulsory Bea & Floor: Ways to Improve Scores	Quin Shannon HOS Flyaways / Roundoff, Back Handspring, Back Tuck & Beyond	Andre Soldar Acro Flips & Tips	Steve Greeley CHEEZ-ODOGY: The Many, Many, Many Ways to Use Wedge Mats	Lynn Ledford Creative Grass Roots Marketing Strategies
2:45 - 3:45 PM	Jane Caruso & Gigi Iavarone XCELLent Bar Judging: Looking for the Gold	Mary Wright 10 Skills to set Your Team Apart	Rebecca Smith Coaching Through Mental Blocks: How Subtle Language Choices Can Make or Break Athlete Confidence	Quin Shannon Hands on Spotting: Low Bar Giants, Yurchenko Training	Michael Taylor Back Handspring Clinic	Jamie Ledford How to Run a Successful Babies Class	Andy Seeley Unstick Your Gym
4:00 - 5:00 PM	Jane Caruso & Connie Maloney Beginner to High Level UB & BB Dismounts: How High is High Enough?	Mary Wright Believe in Me: The Athlete and Coach	Kristina Williams Recreational to Competition Ready in 6 Months: Mastering the Xcel Pathway	Nicole Langevin Develop Rockin' PreTeam UB workers	Beth Gardner Special People in Your Gym: Opening the Door for Special Needs	Pam Evans How to Make ONE Lesson Plan Work for Everyone!	Jeff Metzger Urgencies, Emergencies and 50 Hour Work Weeks (Saying Goodbye!)

Sunday, August 25 | 2024 REGION 1 CONGRESS

	Cedar/Pine	Fir	Oak	Bayshore (LIVE)	San Jose/Santa Clara	Monterey/Carmel	San Carlos/San Juan
8:30 - 9:30 AM	Pam Evans & Dianne Grayson Superior Dance Performance	Nicole Langevin Instilling Artistry: Yes, YOU Can Teach Artistry!	JD McDonald Compulsory Beam Levels 3-5: Are you Doing It Correctly?	Quin Shannon HOS: Clear Hips & Circles / Roundoff BHS Back Tuck & Beyond	Spencer Clapp & Tyler Wenzel Dip Your Toes into Ninja: Preschool Style!	Beth Gardner Motor Learning & Development	Jeff Metzger 'A Players' Think Differently: Winning The Inner Game of Leadership
9:45 - 10:45 AM	Teresa Barnard & Evelyn Paradis Professionalism	Derick Mollenbeck Getting Your Athlete to Put in More Effort Per Turn	Shane McIntyre Compulsory Vault	Quin Shannon Flyaways & More / Beam Acro & Connections	Jamie Ledford Cartwheels & Handstands & Rolls, OH MY!	Andre Soldar How to build an Acro Program: Levels 2-5	Steve Greeley How to Create Your 'Smart-Marketing' Plan
11:00 AM - 12:00 PM	Kathy Lopes & April Brandon Beam Acro: To Give, Or Not to Give	Shane McIntyre Important Basics that Build the Future	Jill Preston & JD McDonald Xcel Q &A: Come with Questions	Nicole Langevin Developing Back 1.5 + Front Saltos and Front Salto Combos, Starting from Step 1	Kristin Luce 5- Minute Games for Recreational Classes and Team	Beth Gardner Skill Deconstruction	Lynn Ledford Retention Strategies 2024
12:15-2:00PM	Judges Testing	Judges Testing					Judges Testing
1:00 - 6:00 PM						Beth Gardner R301 Brain & Body: Beyond Basics	
1:00 - 2:00 PM			Carrie Zarraonandia PCA: Positive Motivation: Getting the Best from Athletes				
2:25 - 3:15 PM			Carrie Zarraonandia PCA: Leading Your Organization: Developing a Positive Coaching Culture				