

Saturday, June 14 2025 USA Gymnastics Region 4 Congress										
	Hall B	Hall C	Hall A	Taft A	Taft B					
8:15-9:15am	Women's Development Program Update	Trevor Franck Injury Prevention & Taping	Randy Parrish Music, Warm-ups, Games and Special Events	Brant Lutska Perception in Recreational Gymnastics, Understanding Perspectives to Enhance Teaching	Shelba Waldron From Awareness to Action: Best Practices for Reducing Risk and Strengthening Gymnastics Clubs					
9:30-10:30am	Women's Xcel Program Update	Trevor Franck Hip Strength: Why it's Important and How to get it Stronger	Paige Roth Tumblng Basics	Randy Parrish Class Management for Preschool & Rec Classes	Shelba Waldron Developing Young Talent: Best Practices for Hiring and Supervising Adolescent Coaches					
10:45-11:45am	Windee Weiss & Paige Roth Bridging the Gap: Judging and Coaching Leaps and Jumps	Ryan Snider Mastering Circles on Uneven Bars	Hands-on Spotting: Recreational Skills	Linda Thorberg Getting Parents Involved in Parent and Child Classes!	Megan Bankole Let's Talk \$\$\$\$\$					
12:30-1:00pm	Lunchtime Learning: National/Brevet Categories: Getting The Paperwork Organized	Lunchtime Learning: We Did The Inquiry, Now What? The Video Review Process for Dev & Xcel	Lunch & Visit Exhibit Hall		Business Owners Networking Luncheon Registration Required					
1:15-2:15pm	Linda Thorberg Deciphering "Up to the Level" Composition: Level 8-10 Floor Exercise Acro and Dance	Ryan Snider Kipping, Casting, Swinging, Oh, My!	Windee Weiss Compulsory Floor: Let's Get Back to the Text	Randy Parrish Roundoff Back Handspring	Megan Bankole Exit the Burnout Carousel					
2:30-3:30pm	Windee Weiss & Megan Bankole I'm Not Extra, You're Extra! What is "Extra" When It Comes to Extra Swings and Casts on Bars"	Ryan Snider Uneven Bar Releases	Hands-on Spotting: UB: Kips BB: Basic Acro Skills FX: Front & Back Handsprings	Randy Parrish Vault: School Age to Team	Bryon Hough Marketing Strategies for Client Retention					
3:45-4:45pm	Linda Thorberg & Nicole Otterson It's Not in the Code of Points!!	Jason Vonk Yurchenko Vaults: Preparation through Flipping	Paige Roth Balance Beam: Acro Series	Brant Lutska Tumbling Safely: Mastering the Basics and Beyond (Floor Exercise)	Bryon Hough Staff Retention					





Sunday, June 15 2025 USA Gymnastics Region 4 Congress										
	Hall B	Hall C	Hall A	Taft A	Taft B	Room 304				
8:15-9:15am	Linda Thorberg Sticking the Landing: From Smooth Touchdowns to Crash Landings	Jason Vonk Front & Back Giants	Hands-on Spotting: UB: Clear Hips FX: BHS-BHS, Front Tumbling Series	Brant Lutska Teaching Emotional Resilience in Gymnastics	Andy Seeley Stop Relying on Word of Mouth: How To Create Ads That Deliver Consistent Growth					
9:30- 10:30am	Windee Weiss Compulsory Practice Judging: Levels 3/4	Jason Vonk Two-Salto Passes	Jayden Roth Recreational Bars	Megan Bankole Why Won't they Just Talk to the Parents?	Josh Overton Resilience in the Reps: Coaching Youth Athletes Through the Plateaus of Training	Shelba Waldron From Awareness to Action: Best Practices for				
10:45- 11:45am	Nichole Otterson What is Your Judging Process? From Start to Finish	Paige Roth & Windee Weiss Connecting This or That: BB Dance/Mix Connections	Hands-on Spotting: VT: Yurchenko Training UB: Flyaways BB: Beam Dismounts	Jason Vonk Teaching Quality Skills in Preschool and Recreatonal Classes	Josh Overton Cultivating Confidence: Helping Youth Athletes Strengthen Their Mindset	Reducing Risk and Strengthening Gymnastics Clubs 9:30-11:30				
12:30- 1:00pm	Lunchtime Learning: Windee Weiss National/Brevet Categories: Getting The Paperwork Organized		Lunch & Visit Exhibit Hall	Lunchtime Learning NCAA Update Jenna Kardabil						
1:15-2:15pm	Nichole Otterson Xcel Angels and Idiosyncracies	Jayden Roth & Windee Weiss Level 6/7 Vault: Judging and Coaching Perspectives	Paige Roth & Erika Briscoe FX Tumbling Through Layouts: Front & Back	Linda Thorberg 50 Teaching Tips for Preschool & Recrealtional Gymnastics	Jason Vonk Gaining Traction So Your Business Can Grow					
2:30- 3:30pm	Nicole Otterson & Windee Weiss Balance Beam: Can I Get a Connection?	Jayden Roth & Paige Roth The Importance of Handspring and Twisting Vaults	Hands-on Spotting: UB: Low Bar Giants FX: Roundoff Back Handspring, Back Tuck & Beyond	Michelle Kocan Using Balance Beam for Other Events	Rick Nelson Hosting a Meet so Everyone Walks Away Happy					
3:45- 4:45pm	Megan Bankole VP, SR, Bonus, Nada? What Are You Going to Get?	Windee Weiss You Want to See that Again? Then This is How You Say It! Effective Communication	Paige Roth Beam: Handstands through Back Handspring Acro Skills	Michelle Kocan Handstands: Build them Right from the Start!	Shelba Waldron Supporting and Coaching Neurodivergent Gymnasts					

