

Friday, July 24 | 2026 USA Gymnastics Region 6 & 7 Congress

	Moravian	Foundry BC	Foundry DE	Foundry Ballroom	Monroe	Bucks	Monocacy
8:30-9:30 am	Natalie Gurnett The Psychology of Skill Progressions: How to Train the Brain AND the Body		Pat Panichas, Jane Caruso, Jamie Winkler, Linda Johnson Women's Development Program Update	Michelle Kocan The Basics Before the Basics	Beth Gardner Organized Chaos: Preschool Class Management	Kerry Bair The Recovery Gap: Why Gymnasts Aren't Rebounding (And How To Get Them To Bounce Back)	Tom Forster Buying or Selling: A Gym Owner's Perspective
9:45-10:45 am	John Wojtczuk The Simple Folk Skill Charts: An Alternate View of Skill Development		Pat Panichas, Jane Caruso, Jen Skorski, Gail Caspare Women's Xcel Program Update	John Ceralde Kip Cast Handstand	Beth Gardner Motor Learning, Motor Development and The Theory of Muscle Memory	Sarah Peterson You're Doing Too Much: How to Avoid Overuse Injuries with Conditioning	Wendy Martin Are you Covered? Understanding Club Owner Insurance
10:45-11:15 am	Break: Visit the Exhibit Hall!						
11:15 am-12:15 pm	Cheryl Hamilton & Tom Forster Understanding Motion on Vault & Uneven Bars for Judges and Coaches	Lauren Kramer Taping 101	Nick Ruddock The Gymnastics Pyramid of Preparation: Building Skills the Right Way, Every Time	Tony Eusini Hands-on Spotting: Recreational: UB: Back Hip Circle, Pullover, Swings and Regrip, Squat-on FX: Cartwheel, Front & Back Walkovers, Bkwd Rolls, Handstand, Back Handspring BB: Rolls, Handstand, Cartwheel, Turns VT: Basics	Jamie Winkler My Favorite Floor Dance Drills	Brant Lutska Understanding the Stages of Physical Development	Matthew Becker, Esq. What's Really Putting Your Gym in Danger: Legal Landmines You're Missing
12:15-1:45 pm		Lunchtime Learning 1:00-1:30 Jeannie Lippert Critical Thinking and Unbiased Decision-Making in Judging		Hands-on Taping: Lower Extremity 12:30-1:30 Lauren Kramer In the Taping Booth	Lunch Break		Lunchtime Learning 1:00-1:30 Carmella Solito Grant Writing
1:45-2:45 pm	Leslie Boyer, Abby Menna Shining those Sapphire Gems: What Goes into a Sapphire Start Value and How to Get the Most of the Skills you Have	Leah Herchenbach Learn How to Integrate Mental Training into Your Competitive Program	Tom Forster The 9 Principles of Bars To Teach or Correct Any Skill	Tony Eusini Hands-on Spotting: UB: Kips FX: Front & Back Handsprings BB: Cartwheel, Handstands, Back Walkovers, Cartwheel Side Handstand Dismounts	Natalie Gurnett From Fear to Freedom: Guiding Gymnasts to Overcome Mental Blocks	Linda Thorberg All for One! A Station for All Levels	Ali Stoffels Staff Meetings Worth Showing Up For
3:00-4:00 pm	Linda Thorberg, Pat Panichas, Nichole Otterson Level 10: Unlocked: What's New and What You Need to Know	Nick Ruddock The Optimisation Model: The 8 Movements & Competencies Every Gymnast Needs	Tom Forster The Fundamentals of Twisting and Pirouetting	Tony Eusini Hands-on Spotting: UB: Clear Hips & 3,6,7 Circling Skills FX: Round-off Back Handspring Series, Round-off Back Handspring Back Tuck	Sarah McCoy Composing Floor & Beam Routines for Coaches: From a Judge's Perspective	Beth Gardner Learning Styles	Christie Copeland Unlocking Hidden Marketing Wins: Simple Moves to Drive Up Enrollment
4:15-5:15 pm	Laurie DeFrancesco & Marcy Blitz Xcel Beam Dance: Common and Uncommon Connections	Nick Ruddock The Coaching Equaliser: Hidden Variables That Separate Good Coaches from Great Ones	Tom Forster How To Get Gymnasts To The Next Level	Louis Van Amstel From Dancing with the Stars Choreography the LaBlast way! 4:15-5:30	Tiffany Mills You're Just a Gymnastics Coach Turning a Label into a Leadership Career	Brant Lutska Perception in Recreational Gymnastics, Understanding Perspectives to Enhance Teaching	Shelba Waldron The Three Layers of a Strong Gym: Behavior, Systems, Culture (and Where Problems Really Start)

For complete schedule and session summaries, please visit usagymrc.com/region-6-7

Saturday, July 25 | 2026 USA Gymnastics Region 6 & 7 Congress

	Moravian	Foundry BC	Foundry DE	Foundry Ballroom	Monroe	Bucks	Monocacy	Berks
8:30–9:30 am	Christine Dalrymple & Gail Caspare Ready, Set, Start Value! Handling the Questionable Things that Impact Xcel Start Value	Matthew Power Weight Training for Gymnasts: Destroy the Myths and Increase Power and Resiliency	Nick Ruddock The Critical Role of Vision in Gymnastics	Ali Stoffels Games, Games, Games!	Linda Thorberg Partner them Up! Getting Parents Involved and Loving Parent and Child Classes	Sara Sadler Understanding Mental Blocks in Gymnastics: Why They Happen and How Coaches Can Help	Christie Copeland Build Your Own AI Assistant: Custom GPTs for Operations, Staff Training & Content	
9:45–10:45 am	Nicole Langevin & Larry Goldsmith Compulsory Skill Performance: A Coach/Judge Perspective	Jen Skorski Xcel: Cookie Cutter Ain't Cutting It Anymore	Tony Gehman Big Air, Big Finish on Floor!!! Preparing for National Floor Success	Tony Eusini Hands-on Spotting: UB: Flyaways BB: Acro Skills & Connections FX: Aerials, Standing Back Tuck, Front Tucks, Front Handspring Front Tuck Tumbling	Beth Gardner Skill Deconstruction & Lesson Planning for Preschool & Recreational Gymnastics	Tiffany Mills Organized Chaos: Making Rec & Preschool Classes Work for Neurodiverse Kids	Shelba Waldron Coaching in a Connected World: Phones, Platforms, and Digital Safety	Eugene Dayanghirang How Owners Can Prepare for a Strong Exit
10:45–11:15 am	Break: Visit the Exhibit Hall!!			Hands-on Taping: Lower Extremity Lauren Kramer In the Taping Booth				
11:15 am–12:15 pm	Linda Thorberg & Windee Weiss Determining the Start Value: Levels 8–10; UB, BB, and FX	Jane Caruso & Jamie Winkler Compulsory Beam Elements: What's my Deductions & How to Train	Tony Gehman Yurchenko Training	Tony Eusini Hands-on Spotting: UB: Low Bar Giants FX: Round-off Back Handspring Back Tuck and Beyond	Ali Stoffels 5-Minute Time Fillers	Sara Sadler The Burned-Out Coach: How Stress Shows Up in Coaching Behavior	Dean Altes Finance 101 for Facility Leaders	
12:15–1:45 pm	Lunchtime Learning 1:00–1:30 Jenna Karabdil Handling Difficult Situations: Professional Responsibility and Decorum for Judges	Lunchtime Learning 1:00–1:30 Linda Johnson Coaches: What is the Start Value? Changes for 2026	Lunch Break	Hands-on Taping: Upper Extremity 12:30–1:30 Lauren Kramer In the Taping Booth	Lunch Break			
1:45–2:45 pm	Jane Caruso & Evelyn Chandler Level 8 Unlocked: What's New and What You Need to Know	Tony Gehman Line Basics	Windee Weiss Keeping Practices Spicy: Unique and Fun Training Assignments	Tony Eusini Hands-on Spotting: UB: Overshoots VT: Yurchenko Training BB: Dismounts	Brant Lutska Recreational Vault	Kathi-Sue Rupp Cornered! Artistry in Men's Gymnastics	Shelba Wadron Reject the Script: Breaking Generational Patterns in Coaching	Ali Stoffels Rec & Preschool Leaders' Summit: Empowering Recreational & Preschool Gymnastics Leaders 1:45–5:15 pm
3:00–4:00 pm	Gigi Ivarone & Marilyn Blilie Level 9 Unlocked: What's New and What You Need to Know	Dr. Elly Hart Lending a Hand: Upper Extremity injuries and Prevention	Jason Vonk Training the Four Major Vault Entries	Nicole Langevin Beam: Circuits and Complexes for Optional Gymnasts	Sandi McGee Shrine to the Panel Mat	Danilo Gattei In-bar Development on High Bar: From Kip to Tak	Carmella Solito Riding the Tide: The Ups, Downs, and All Around of 20+ Years Owning a Children's Recreational Facility	
4:15–5:15 pm	Evelyn Chandler & Linda Johnson Artistic Performance Throughout: Levels 6–10 Beam and Floor (<i>moved & switched with Laurie Reid</i>)	Dr. Elly Hart Supporting the Whole Gymnast: What Every Gymnast Needs to Thrive	Tony Gehman Planning Your Year	Nicole Langevin Front Tumbling Essentials: Front Tucks to Front Layout Combos	Sandi McGee Bar Wars	Kathi-Sue Rupp Judging Accuracy and Bias: Myth-Busting and Reality from a Research Perspective	Jason Vonk Gaining Traction So Your Business Can Grow	
				Michelle Kocan & Jen Skorski Foundational Gymnastics Bootcamp: serving the Preteam, Developmental and Xcel Gymnastic Coaches Community				

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Sunday, July 26 | 2026 USA Gymnastics Region 6 & 7 Congress

	Moravian	Foundry DE	Foundry Ballroom	Monroe	Bucks	Monocacy	Berks
8:30-9:30 am	Carla Ceralde & Anne Malone Performing Outside the Box: Creativity in Xcel Special Requirements	Jason Vonk Clear Hips, Toe-Ons, and Stalders	Linda Johnson Compulsory Floor: Am I doing it Right? Key Areas to Focus On	Alyssa Durkin Recreational and Preschool Bars: Achieving a Lot with Limited Time	Salvatore Arcuri How the Men's Club Track Program can Bring Value to your Gym	Allison Huddleston The Gym Owner Checklist	Shelba Waldron Readiness & Response: How Clubs Navigate the Unexpected 8:30-10:45
9:45-10:45 am	Laurie Reid & Kathleen Edwards Level 6/7 Unlocked: What's New and What You Need to Know	Jason Vonk Basic Drills to Prepare for Great Tumbling	Tom Bair What Inclines You to Coach? Stations Using Incline Mats	Sandi McGee Recreational Beam	Craig Thibaudeau Bridging the Gap between the Men's DP Program and JE Track	Alyssa Durkin Communicating with Dignity: How to Be Helpful and Effective in Customer Mediation	
11:00 am-12:00 pm	Linda Johnson The 2029-2037 Compulsory Elements	John Min The Foundations of Vaulting: From Building Blocks to Power Rocks for Compulsory, Xcel & Beginner Optionals	Jen Skorski Let's Get Tight! Teaching Body Control Across Events	Sandi McGee Floor Tumbling Using Skill Deconstruction	Craig Thibaudeau Pommel development and Wrist Health: From Mushroom to Flops	Allison Huddleston Business Boundaries: What You Need To Be Doing	
12:30-2:30 pm				U408: Positive Coaching Alliance: Supporting Positive Athlete Behavior Through Responsive Coaching 12:30-2:00			