

Friday, July 18 | 2025 USA Gymnastics Region 7 Congress

	Peale ABC	Holiday Ballroom 3	Holiday Ballroom 1-2	Holiday Ballroom 4-6	Johnson AB	Ruth
8:30-9:30 am		John Wojtczuk Progressions and the Steps Between	Linda Johnson & Jane Caruso Women's Development Program Update	Michelle Kocan Games, Games, Games! For Classes and Team	Tanaya Williams The Back Handspring Machine	Ken Harris The Easiest and Most Useful Data to Track Your Gym's Health
9:45-10:45 am		Lindsay Stancil & Eric Cali Pak Progressions for Everyone! How to Start Them Early Without Starting TOO Early!	Jen Bortz & Jane Caruso Women's Xcel Program Update	Michelle Kocan Tumbling Basics are the KEY!	Tony Clarno The Perfect Lesson Plan! Getting Detailed While Staying Flexible!	Diane Berry Generations of Gymnasts, Generations of Growth: 50 Years of Business Insights
10:45-11:15 am	Break (Visit Exhibit Hall)					
11:15 am-12:15 pm	Evelyn Chandler & Linda Johnson Practice Judging Levels 3 & 4: What's your Score?	Eric Cali Turns and Low-to-High Bar Releases From the Beginning	Tony Gehman Developing Timers for Levels 6/7 Vaulting	Hands On Spotting: Recreational Skills on All Events	Linda Thorberg Getting Parents Involved in Parent & Child Classes!	Brad Harris The Importance of a Great Team Handbook: Make Running a Team 100% EASIER!
12:15-1:45 pm	(1:00-1:30) Denise Johnson & Stephanie Myers Lunchtime Learning: Give and Take: The Lowdown on Landings and Falls	Lunch				(1:00-1:30) Carmella Solito Lunchtime Learning: Grant Writing 101
1:45-2:45 pm	Evelyn Chandler & Linda Thorberg Deciphering Up to Level Composition: Level 8-10 FX Acro and Dance	Lindsay Stancil Optional Beam Training	Brad Harris Uneven Bars: Part 1 (Levels 1 & 2)	Hands On Spotting: UB: Kips FX: Front & Back Handsprings. BB: Basic Acro Skills	Tony Clarno Use Whatcha Got To Teach Great Ninja Classes in your Gym!	Shelba Waldron Navigating Parent Relationships: Building Trust and Addressing Concerns
3:00-4:00 pm	Linda Thorberg & Jane Caruso Xcel Angles and Idiocracies	Dr. Teri McCambridge Return to Play Considerations in Gymnastics	Brad Harris Uneven Bars: Part 2 Levels 3 & 4	Hands On Spotting: UB: Clear Hips FX: RO-BHS-BHS Front Tucks, Front Handspring - Front Tuck Tumbling	Brant Lutska Vaulting with Confidence: Techniques for Safe Power Development	Shelba Waldron Raising the Bar Without Crossing the Line: Understanding High Standards vs. Harmful Coaching Practices
4:15-5:15 pm	Evelyn Chandler & Jane Caruso Sticking the Landing: From Smooth Touchdowns to Crash Landings	Dr. Ezara Greene Landing Mechanics and Injury Prevention: Coaching Safer Landings in Competitive Gymnastics	Tony Gehman Basic Tumbling up to Front & Back Layouts	Linda Johnson Compulsory Beam Review: Are you Doing it Correctly?	Tanaya Williams Making Bars Easier for Recreational Classes	Tony Clarno The Slow Vacuum: Don't Be the Smelly Gym!
5:30-7:30 pm	Women's Level 7/8/9/10 Judges Testing	Jenna Karadbil NCAA Update (5:30-6:30)			U407: Developing Competitors and Mental Wellness Through Positive Coaching	



Saturday, July 19 | 2025 USA Gymnastics Region 7 Congress

	Peale ABC	Holiday Ballroom 3	Holiday Ballroom 1-2	Holiday Ballroom 4-6	Johnson AB	Ruth
8:30-9:30 am	Jane Caruso & Leslie McPeek Xcel Mysteries and Uh-Ohs	Jason Vonk *** Virtual Lecture *** Yurchenko Vaults: Preparation through Flipping	Tony Gehman Seasonal Preparation	Linda Johnson Leaps, Jumps and Turns	Linda Thorberg Preschool & Recreational Teaching Tips	Ken Harris Recession-Proofing Your Gym
9:45-10:45 am	Evelyn Chandler & Linda Johnson Balance Beam: Can I Get a Connection?	Lauren Kramer Return to Play After a Concussion	Brad Harris Conditioning Philosophy: How to Make Your Kids LOVE Conditioning	Tom Bair Uneven Bar Stations: Drills for Skills for PreTeam and Xcel	Racine Williams Accepting Differences	Tony Clarno 10 Steps to Finding and Hiring New Coaches!
10:45-11:15 am	Break (Visit Exhibit Hall)					
11:15 am - 12:15 pm	Lindsay Thorberg & Jane Caruso It's Not in the Code of Points!!	Dr. Ali Arnold *** Virtual Lecture *** Stop the Spirals: Teaching Athletes to Turn Adversity into Opportunity	Brad Harris Handspring Vaulting	Hands On Spotting: UB: Flyaways BB: Acro Skills & Connections FX: Aerials, Front & Back Tucks	Tanaya Williams Trampoline for Recreational Gymnasts	Shelba Waldron From Awareness to Action: Best Practices for Reducing Risk and Strengthening Gymnastics Clubs
12:15-1:45 pm	(1:00-1:30) Sara McCoy Lunchtime Learning: In the Shoes of an Athlete: Judging From Their Perspective	Lunch				
1:45-2:45 pm	Linda Johnson & John Ceralde Differentiating Levels 6/7 Vaults: A Coach & Judge Perspective	Jason Vonk *** Virtual Lecture *** Back & Front Giants	Lauren Kramer Hands-on Taping	Hands On Spotting: UB: Low Bar Giants FX: Roundoff, Back Handspring, Back Tuck & Beyond	Tony Clarno Creating the PERFECT Setups: Stations, Circuits and Machines	Tanaya Williams Solving your Staffing Woes!
3:00-4:00 pm	Marcy Blitz & Carla Ceralde Rolling With the Punches: Professionalism in Judging	Kerry Bair Performance Nutrition Strategies for Gymnasts: The Science Behind Snacking	Lindsay Stancil Compulsory to Optional: How the Basics Transform	Hands On Spotting: UB: Overshoots VT: Yurchenko Training BB: Dismounts	Tanaya Williams Making Beam FUN for Recreational Gymnasts	Sarah Sadler Employee Well-Being and Retention
4:15-5:15 pm	Evelyn Chandler & Linda Thorberg What is your Judging Process? From Start to Finish	Sarah Sadler The Psychology of Learning New Skills	Tony Gehman Flyaway Development: Tap Swing to Double Layout	Mary Milchanowski & Lindsay Stancil Judge It, Drill It, Fix It: Correcting Some of Those Judging Tenths on Beam & Floor	Brant Lutska Understanding the Stages of Physical Development	Linda Johnson Is 4 a Crowd? Boomers to Zoomers in the Workplace
5:15-7:00 pm					Region 7 Social	





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Sunday, July 20 | 2025 USA Gymnastics Region 7 Congress

	Peale ABC	Holiday Ballroom 3	Holiday Ballroom 1-2	Holiday Ballroom 4-6	Johnson AB
8:30-9:30 am	Brant Lutska What's My Name? Skill Recognition for Judges	Ken Harris Taking Advantage of Social Media: Why? How? And What If?	Beth Renwick & Carla Ceralde The Ins and Outs of Xcel and Dev	Tom Bair & Lindsay Stancil No Table? No problem! Vault Drills & Side Stations	Michelle Kocan The Basics Before The Basics
9:45-10:45 am	Beth Renwick & Leslie Boyer Bonus Thru the Levels & Divisions: Who Gets What, When?	Andy Sealy Stop Relying on Word of Mouth: How To Create Ads That Deliver Consistent Growth	Lindsay Stancil Prep Before the Prep - Creating Physical Abilities and Beyond!	Linda Johnson Express Yourself: Teaching Creative Movement on Floor and Beam	Brant Lutska Perception in Recreational Gymnastics: Understanding Perspectives to Enhance Teaching
11:00 am-12:00 pm	Carla Ceralde & John Ceralde Twisting Non-Flipping Vaults: Let's Get Them Bigger & Higher	Lindsay Stancil Keeping Your Employees Safe in an Ever-Changing Environment	John Min Xcel Excellence: Bronze to Sapphire: How to Manage, Implement, and Succeed	Linda Johnson Compulsory Floor Levels 3-5: How to Train it Correctly	Michelle Kocan Handstands: Build them Right from the Start!

Scan the QR code to fill out our survey! Your feedback is appreciated!

