

# REGIONAL CONGRESS PRELIMINARY SCHEDULE\* 3/17/09

**Friday**

**June 26 - 28 – Coralville, IA**

	Recreational/P.S.	Business	Women's Officials	Coaching	Men's Program
9:00 – 10:00	Brant Lutska Vaulting for Recreational classes		Jim, Linda T, Bryon Women's Program Update** Regional/National News and Information		
10:15 – 11:15	Brant Lutska Behaviors – How to teach with different Learning Syles		Linda Thorberg/Bryon Hough Level 9/10 Rules for 2009**		
11:15 – 11:45	Break One				
11:45 – 12:45	Linda Thorberg Parent & Child classes. What do you say? What can they do?	Frank Sahlein 2009 industry survey - overview	Connie Maloney Practice Judge Optional Vault Level 7-10**	Tom Koll Team Requirements...what are your standards	
12:45 – 1:45	LUNCH				
1:45 – 2:45	Tom Forster Recreational Classes, Skills and drills on Bars	Frank Sahlein Master marketing progression	Tom Koll Are you with the music? New Compulsory Music**	Bryon Hough Building a winning mentality in your team program	
3:00 – 4:00	Tom Koll Levels 1-3 – Those are My Kids **	Frank Sahlein Personal organization & effectiveness	Connie Maloney Practice Judge – Bars Level 7-8**	Tom Forster Developing the blind change and Other Turns**	
4:00 – 4:30	Break Two				
4:30 – 5:30	Brant Lutska Mat Magic – How many ways can you use that mat?	Frank Sahlein Owner & program manager career progressions	Connie Maloney Optional FX Practice Judging Level 9/10**	Tom Koll Creating a floor routine from scratch.**	

**Friday Night 6:00pm – Wine and Cheese Party and Auction**

\*Subject to Change

**Saturday**

	<b>Recreational</b>	<b>Business</b>	<b>Women's Officials</b>	<b>Coaching</b>	<b>Women's Program</b>
9:00 – 10:00	Brant Lutska Cooperative Games for Preschool and Rec. Classes	Tom Forster  You're marketing – So Make It Good	Connie Maloney – Practice Judge Beam – Level 7/8**	Neil Resnick Vault Development – Front Entry Vaults**	Suzanne Hecht Sports Med
10:15 – 11:15	Tom Koll Recreational Gymnastics	Frank Sahlein Fiscal fitness for your business	Linda Thorberg Uneven Bar Practice with New Rules Level 9/10**	Neil Resnick Vaulting Round Off Entry**	Suzanne Hecht Sports Med
11:15 – 11:45	Break One				
11:45 – 12:45	Brant Lutska The Best of Trade a Tip Ideas for Teachers	Tom Koll Dealing positively with your staff	Linda Thorberg Balance Beam Practice Level 9/10**	Tom Forster Bar to bar releases**	Kim Fuchs - Beam
12:45 – 1:45	Lunch				
1:45 – 2:45	Linda Thorberg Preschool Core Stability Activities	Tom Forster  Online Registration – Is It For You?	Mary Ann West Shorthand Basics to Advanced – Test your Skill**	Neil Resnick Uneven bar dismounts**	Windee Weiss Sports Psychology
3:00 – 4:00	Brant Lutska Easy Warm Up Songs & Dances for Kids	Sexual Misconduct	Robin Ruegg and Barb Tebben Test Preparation Techniques*	Tom Forster Single bar Releases **	Neil Resnick  College Recruiting
4:00 – 4:30	Break Two				
4:30 – 5:30	Tom Koll Level 1-3 Drills for Skills on Tumbling	Jim Schlott  Making your team a positive for your business	Mary Ann West  Compulsory Practice and Clarifications **	Neil Resnick Stalders and Clear Hips**	Kim Fuchs – Beam**

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	<b>Recreational</b>	<b>Business</b>	<b>Women's Officials</b>	<b>Coaching</b>	<b>Coaching</b>
9:00 – 10:00	Tom Forster Pre-Team Development: Who, What, When and How?	Frank Sahlein  Level 1 Acorn Part 1	Robin Ruegg & Barb Tebben Practice Test – Level 9/10**	Neil Resnick Front Tumbling**	Bryon Hough Team retention - How to handle the teen years
10:15 – 11:15	Tom Koll Dance for Gymnastics - Beginners	Frank Sahlein  Level 1 Acorn Part 2	Linda Thorberg Practice Judging Floor Exercise – Level 7/8**	Neil Resnick Back Tumbling**	Windee Weiss Sports Psychology
11:30 – 12:30	Tom Koll Activities for kids that will not go to team, how to keep them in.	Frank Sahlein  Level 1 Acorn Part 3	Robin Ruegg College Update for Judges**	Li Wen Zhuang Beam Acro and Dance Skills **	Bryon Hough Team parents – Eliminate problems before they start

**Sunday**

***Sunday 1:30 – 5:30 HOT Workshop with Brant Lutska***

***\*\*These sessions will count for judges CPE Credit***

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