

**Friday - Sept. 23, 2011**

**Region 5 Congress Schedule**

*(updated 9/1)*

<b>Times</b>	<b>Coaching</b>	<b>Business</b>	<b>Preschool / Recreational</b>	<b>Women's Officials</b>	<b>Coaching / Business</b>	<b>T&amp;T / Xcel (prep opt)</b>
	Indiana A-D	Utah	Michigan/Texas	Indiana F-G	Florida/Illinois	Colorado
9:00 – 10:00	Char Christensen Connie Maloney  JO Update For 2011-12	Patti Komara  Growth Strategies For Any Size Business	Brant Lutska  Oh Baby 2 Children Under 2 What Do You Do?	Char Christensen Connie Maloney  JO Update For 2011-12 <u>Go to Indiana A-D</u>	Char Christensen Connie Maloney  JO Update For 2011-12 <u>Go to Indiana A-D</u>	Susan Jacobson  How To Start A T&T Program In Your Gym
10:15 – 11:15	Tom Forster  Levels 5 & 6 Uneven Bars Training Plan	Rachel Brazo  Preventing Sexual Misconduct	Brant Lutska Linda Thorberg  Move To The Music	Connie Maloney  WTC Core - Beam Acro	Kittia Carpenter  Starting A TOP's Program	Chrissy LaFollette  Using Trampoline To Develop Your Athletes
11:15 – 11:45	<b>BREAK</b>					
11:45 – 12:45	Enrique Trabanino  Building Leg Power For Gymnastics	Jeff Metzger  Things I Used To Know 'That Just Weren't So'	Brant Lutska  Vaulting, Tumbl Trak, And Trampoline For Preschool	Char Christensen Tom Forster  WTC Core - Floor Acro	Cheryl Jarrett Lynn Moskovitz  USA Gymnastics University Overview	Susan Jacobson  Ready To Fly Start Your Own T&T Competitive Team
12:45 – 2:00	<b>LUNCH (Raffle 12:40 - 12:50 pm in Vendor's Area )</b>					
2:00 – 3:00	Enrique Trabanino  Front And Back Tumbling	Jeff Metzger  Cultural Indoctrination "The Kids First Way"	Randy Parrish  Tumbling For Recreational Classes	Connie Maloney  WTC Core - Bar Casts, Circles, and Pirouettes	Jim Jarrett Lynn Moskovitz  Coaches' Round Table	Pete Roberts  Put The Power In Your Tumbling
3:15 – 4:15	Tom Forster  Teaching Uneven Bar "D" Releases	Jeff Metzger  How To Hire The RIGHT Employees	Brant Lutska  Active Participation	Char Christensen  WTC Core - Beam Mounts And Dismounts	Cheryl Jarrett  Levels 5 & 6 Compulsory Floor - Are You Still Doing It Right?	Claudia Kretschmer  How To Get A Xcel (prep opt) Program Started
4:30 – 5:30	Tom Forster  Drills For Teaching In Bar Elements	Jeff Metzger  Entity Structure: Hiring vs Subcontracting vs Leasing	Randy Parrish  Warm Ups For Classes	Kittia Carpenter  Optional Practice Judging - Beam	Cheryl Jarrett  Compulsory Drills To Build Other Skills	Claudia Kretschmer  Xcel (prep opt) Rules And Guidelines Updates

**REGION 5 AUCTION & RECEPTION**  
**6:30 – 8:00 pm in the Circle City Bar and Grille Restaurant**

**Saturday - Sept. 24, 2011**

**Region 5 Congress Schedule**

<b>Times</b>	<b>Coaching</b>	<b>Business</b>	<b>Preschool / Recreational</b>	<b>Women's Officials</b>	<b>Psychology / Women's Officials</b>	<b>Men's Discipline / Preschool</b>
	Indiana A-D	Utah	Michigan/Texas	Indiana F-G	Florida/Illinois	Colorado
9:00 – 10:00	Enrique Trabanino  Advanced Bar Dismounts	Dave Holcomb  How Gorilla Marketing And Social Media Can Help Attract Families To Your Gym	Linda Thorberg  50 Great Rules For Teaching Preschool Gymnastics	Tom Koll  Present And Future Compulsory Updates	Alison Arnold  Shocks, Stops, Balks, And Blocks: 10 Crazy Solutions For Fear	Chad Ford  How To Begin And Build A Recreational Program
10:15 – 11:15	Cheryl Jarrett Tom Koll  2013 Compulsory Preview	Dave Holcomb  Programs To Help Get And Keep Kids In Your Gym	Patti Komara  The Dirty Dozen: Mistakes Teachers Make	Char Christensen  WTC Core - Floor Exercise Dance	Alison Arnold  Being A Healthy Coach	Gene Watson  How to Hit A Pommel Horse Routine
11:15 – 11:45	<b>BREAK</b>					
11:45 – 12:45	Tom Forster  Tumbling - Teaching Twisting From The Start	Gary Gantz  Front Office Success Essentials	Linda Thorberg  Parent Child Classes: Start Confidently	Sandy Oldham  Optional Practice Judging Bars	Tom Koll  Balance Beam - Conquering Fears With No More Tears	Gene Watson  Long Hang Swing On Parallel Bars
12:45 – 2:00	<b>LUNCH (Raffle 12:40 - 12:50 pm in Vendor's Area)</b>					
2:00 – 3:00	Tom Forster  Levels 7 & 8 Uneven Bars Training Plan	Dave Holcomb  Make Your Gym Easy To Do Business With	Tom Koll  Levels 1-3 Those Are My Kids Vault And Bars	Connie Maloney  WTC Core - Beam Dance	Alison Arnold  The Type A Gymnast	Chad Ford  How to Build A Large And Successful Team Program
3:15 – 4:15	Enrique Trabanino  Yurchenko Development and Progressions	Dave Holcomb  What You Should Have Known Before You Ever Opened Your Gym	Tom Koll  Levels 1-3 Beam And Floor	Char Christensen  WTC Core - Bar Mounts And Dismounts	Alison Arnold  The Potential And Pitfalls Of Social Networking In The Gym	Patti Komara  Hundreds Of Preschool Teaching Stations
4:30 – 5:30	Tom Koll  Stylization vs. Text Level 5 Floor Exercise	Steve Greeley  Organizing Staff Clinics	Linda Thorberg  Props With A Purpose	Connie Maloney Tom Forster  WTC Core - Bar Releases	Judy Dobransky  Optional Practice Judging Floor	Rhonda Zaluckyj  Preschool Bars And Beam

**REGION 5 BANQUET**

**6:30 – 7:30 pm Cocktail Hour at Circle City Bar and Grille Restaurant**

**7:30 pm Banquet in Indiana F & G Ballroom**

**Sunday - Sept. 25, 2011**

**Region 5 Congress Schedule**

<b>Times</b>	<b>Coaching</b>	<b>Business</b>	<b>Preschool / Recreational</b>	<b>Women's Officials</b>	<b>Men's Discipline</b>
	Indiana A-D	Florida/Illinois	Michigan/Texas	Indiana F-G	Colorado
9:00 – 10:00	Kittia Carpenter  Spice It Up! Beam And Floor Leaps, Jumps, And Turns	Steve Greeley  Staff Manuals	Linda Thorberg  Activities For Preschool On Bars And Beam	Donna Trevethan  NCAA Collegiate Judging Updates	Gene Watson  High Bar Jams
10:15 – 11:15	Kittia Carpenter  Acro Beam Drills And Connections	Steve Greeley  Managing Staff Through Systems	Linda Thorberg  Round Table: Discuss Issues That Will Help Your Pre/Rec. Program	Hilary Carlson  Optional Practice Judging Vault	Juha Tanskanen  2012/2016 JO Program Update
11:30 – 12:30	Jim Jarrett  Handspring Development And Progressions	Gary Gantz  Business Owners Career Progressions	Steve Greeley  Keeping Kids Attention	Nancy Gibson  Xcel Updates (Prep Opt)	Juha Tanskanen  Update On The New Technical Sequences For Division 1

ADD-ON COURSES

<u>DATE</u>	<u>TIME</u>	<u>COURSE</u>	<u>INSTRUCTOR</u>	<u>ROOM/LOCATION</u>
Thursday, Sept. 22	5:00 - 9:00 pm	Risk Management/Safety Certification	Edgar Pulido	
Sunday, Sept. 25	1:00 pm	Judges Exam	Connie Maloney	
Sunday, Sept. 25	1:30 - 5:30 pm	R102 Preschool Fundamentals: Hands on Training (HOT)	Linda Thorberg	
Sunday, Sept. 25	1:30 - 8:00 pm	W200 "NEW" Development Coaches Course: Hands on Training (HOTD)	Claudia Krestchemer	Sportastiks Gymnastics 8320 E. Brookville Rd. Indianapolis, IN 46239