

Friday August 15, 2008

	Women's Officials	Men	General	Business	Recreational	Coaching	Coaching
	N.E. Suites	Salon A	Salon B	Salon C – D	Salon E	Salon F	Brestyan's Gymnastics
9:00 – 10:00	Sielski Tax Tips for Judges	Davenport Welcome to Men's Gymnastics!	Kovic Organizing & Managing the College Recruiting Process	Wood What You Need to Know Before You Borrow Money	Parrish Bringing Basics Back to Our Workouts	Koll What Makes a Good Level 7 Routine [Good for Coaches and Judges]	Villegas Developmental Conditioning
10:15 – 11:15	Sielski / Caspare Get Smart! Level 9/10 UB	Robinson Still Rings – Help Me Swing Please!	Kovic The Fire from Within: Developing Competition Readiness	Parrish Round Table Discussion on Special Events That Create Additional Income	Koll Level 1 – 3 Floor Skills & Drills	S. Rybacki Vault – The Underlying Principles to Success	B. Rybacki Active Stretching & Plyometric Complex for Balance Beam
11:15 – 11:45							
11:45 – 12:45	DeCristoforo Spotlighting & Comparing Height of Acro Skills - FX	Merlo Robinson Why Our Athletes Break and How to Fix Them	K. Caspare Recognition of Injury: Warning Signs & Symptoms	Koll Dealing Positively With Your Staff	Parrish Preschool Musical Warm-ups and Ending Activities	S. Rybacki Uneven Bar Release Skills The Underlying Principles to Success	B. Rybacki Active Stretching & Plyometric Complex for Floor Exercise
12:45 – 2:00							
2:00 – 3:00	Sielski / Caspare Ready, Set – Start! Level 9/10 BB	Merlo Robinson Increasing Flexibility – Without the Pain	K. Caspare The Most Common Gymnastic Injuries & Exercises to Treat Them	Holcomb Business Basics for Gymnastics Club Owners Part I	Parrish Develop the Cartwheel and Keep Them in Your Gym!	Koll Training Compulsory Skills on Floor	Knox Transitional Releases Low to High Bar & Vice Versa
3:15 – 4:15	Koll Common Compulsory Trouble Areas	Robinson FX - What to Know and What to Skip	Feldmann USA Gymnastics & Member Clubs – A Partnership	Holcomb Business Basics for Gymnastics Club Owners Part II	Parrish Conditioning Games for Birthday Parties, Special Events, Open Gym	S. Rybacki Plan for Success Training, Meets & Workouts	Knox Teaching a Good Flyaway
4:30 – 5:30	Ostberg Judging Prep Opt Routines	Robinson Future Star Gymnasts and How to Train Hard Routines	K. Caspare The Importance of Evaluation and Individualized Strength and Conditioning Training	Wood Keep the Cash Flowing	Koll Level 1 – 3 BB Skills & Drills	B. Rybacki Seasonal Planning Ideas for Balance Beam	Ivanov Developing Basic Tumbling. Do it Right the First Time.

Saturday August 16, 2008

	Women's Officials	Men	Business / Other	Wellness / Business	Recreational	Coaching
	N.E. Suites	Salon A	Salon B	Salon C – D	Salon E	Salon F
9:00 – 10:00	Goldsmith J. O. Update	Robinson Strategies for Retention of Older Boys in Gymnastics	Holcomb Real Estate for Gymnastics School Owner Part I	Arnold Master Coach From A – Z	LeRoux Effective Fundamental Class Management Preschool / Kinder Gym	Harris Drill & Skills for Compulsory UB
10:15 – 11:15	DeCristoforo What Happens When....?	Robinson Pommel Horse for Idiots	Holcomb Real Estate for Gymnastics School Owner Part II	Arnold How to Create a Fierce Competitor	Thorberg Beam Bonanza	Harris Drills & Skills for Level 8 – 9 UB
11:15 – 11:45						
11:45 – 12:45	Thorberg Optional Bars – Releases & Dismounts	Robinson Pommel Horse for the Win! Optional Development	Moicsceau All About the Acro Program	Holcomb Turbo Charge Your Pre-School Program	Lutska Tips for Pre-school Teachers	Harris Level 4 – 6 Handspring Vaulting
12:45 – 2:00						
2:00 – 3:00	Hamilton Optional BB– Acro A Report Card	Robinson The 5 Skills I have to Know for P – Bars	Montanari The Details of Risk Managemnet	Arnold Coaching Across the Spectrum	Lutska Lesson Planning for the Year	Retrosi Developing Round Off Entry Vaults
3:15 – 4:15	Thorberg Optional UB Circles & Pirouettes	Robinson Do I Have to Let Go of the Bar! What Release to Teach First	Lyons Stunts; Jumps and Tumbling for Cheerleaders	R. Silverman Turning Quitters into Keepers: Strategies to Win the Retention Battle	LeRoux Safety Considerations for Preschool / Kinder Gym	Harris Optional Development Supplementing Your Compulsory Program for Success
4:30 – 5:30	Hamilton Can You See the Difference? Optional Vault	Robinson Dismounts on P - Bars		J. Silverman The Dirty Little Secrets to Success: 7 Ways to Build Your Gym and Work Smarter not Harder	Thorberg The Latest Greatest Equipment	Harris Ideas for Conditioning the J. O. Athlete

Sunday August 17, 2008

	Women's Officials	Men	Business / Other	Recreational	Coaching
	N.E. Suites	Salon A – B	Salon C	Salon E	Salon F
9:00 – 10:00	Sielski & Caspare Where Do We Start? Level 7/8 UB	Davenport I Wanna Quit – It's Not Fun' How to Keep Our Students	Colburn Collegiate Judging	Thorberg Do's & Don'ts for Preschool	Retrosi Intermediate Round off Entry Vaults
10:15 – 11:15	Hamilton Beam and Floor Dance – A Report Card	Davenport Ring Strength – Getting Stronger	Dever Should You Start a Profit Sharing or Bonus Plan	Thorberg Stations – Stations – Stations	Retrosi Intermediate Tumbling
11:30 – 12:30	Hamilton A Report Card for Floor Acro Skills	Davenport Jam Development on Bars [Girls & Boys]	Dever Best Tax Tips for 2008	Lutska Staffing & Training Preschool Teachers	Retrosi Tumbling for BONUS!