

FRIDAY AUGUST 5, 2011

	COACHING*	GENERAL	WOMEN'S OFFICIALS*	COACHING*	RECREATIONAL
	CHARLES RIVER	SALON A / B	SALON D	SALON E	COMMONWEALTH IV
9:00 – 10:00	Brad Harris Compulsory Tumbling	Frank Sahlein Marketing in Experience Economy	Marian Dykes Bars Mounts and Dismount	Tom Koll 2013 Women's Compulsory Routines A Sneak Preview	Linda Thorberg 50 Great Rules for Teaching Preschool Gymnastics
10:15 – 11:15	Jamie Winkler Developing Creativity and Artistry.	Frank Sahlein Building a Marketing Plan Around a Customer Life Span	Maria DeCristoforo Vault – L 8,9,10 Getting Back to the Basics	Tom Koll Coaching Styles to get the job done!	Tony Retrosi Basic Bars for Recreational Classes
11:15 – 11:45	Coffee Break Commonwealth Room				
11:45 – 12:45	Brad Harris Compulsory Bars Part I	Martha Lally How to Start a Team Gym Program	Pat Panichas Floor Exercise Acro	Tony Retrosi Coaches as Educators	Tom Koll Recreational Classes Set up / Structure / FUN
12:45 – 2:00	LUNCH				
2:00 – 3:00	Brad Harris Compulsory Bars Part II	Frank Sahlein Connecting Part I Public Relations	Marian Dykes Meet Referee, Chief Judge and the Situations and Question	Tammy Biggs TOPs Skills and Curriculum on Floor	Tom Koll Balance Beam for Recreational Classes
3:15 – 4:15	Brad Harris Handspring Vault Development	Tom Koll Dealing Positively with your Staff	Maria DeCristoforo How to Apply L 10 Bar Composition	Tony Retrosi Front and Back Tumbling	Bonnie Butsch Build Me up Buttercup!
4:30 – 5:30	Tom Koll Level 5/6 Compulsory Beam and Floor Are you still doing it Correctly?	Frank Sahlein Connecting Part II Social Media	Marian Dykes Balance Beam Dance	Tammy Biggs Beam Developmental Skills and Curriculum	Linda Thorberg Getting Started and Confident with Parent and Child Classes

*Lectures designated for CPE Credit



REGION 6 CONGRESS CELEBRATION AND DANCE PARTY
BALLROOM
Cocktails 6:30 PM - Dinner 7:00 PM

SATURDAY AUGUST 6, 2011

	COACHING*	GENERAL	WOMEN'S OFFICIALS*	COACHING*	RECREATIONAL	EXXCEL GYMNASTICS
	CHARLES RIVER	SALON A/B	SALON D	SALON E	COMMONWEALTH IV	
9:00 – 10:00	Tammy Biggs Acro & Mixed Connections on Balance Beam	Frank Sahlein Management – Strategies to Render the Competition Irrelevant!	Pat Panichas Floor Exercise Dance	Tony Retrosi Uneven Bars A - Z	Linda Thorberg / Brant Lutska Move to the Music!	
10:15 – 11:15	Alison Arnold The Type A Gymnast. How to Deal with Power, Promise and Perfectionism	Frank Sahlein Finance – Finding Money in your Existing Operations.	Marian Dykes Uneven Bars Casts, Circles and Pirouettes	Brad Harris Level 7/8 Bars	Linda Thorberg / Brant Lutska Vaulting / TT / Trampoline	
11:15 – 11:45	Coffee Break Commonwealth Room					
11:45 – 12:45	Ivan Ivanoff TOPs Skills and Curriculum on Tumbling	Lauren Muldonado Concussions in Sport	Larry Goldsmith Pat Panichas J.O. UPDATE	Larry Goldsmith Pat Panichas J.O. UPDATE	Tony Retrosi Basic Floor for Recreational Classes, Including the Back Handspring	
12:45 – 2:00	LUNCH					
2:00 – 3:00	Tammy Biggs Beam / Floor: Training Advanced Leaps	Frank Sahlein Key Managers Creating Living, Breathing Position Descriptions	Marian Dykes Artistry	Alison Arnold Being a Healthy Coach Keeping yourself in one piece when you are being pulled in all directions	Linda Thorberg Brain Games Gymnastics Activities that promote Reading Readiness	Jacqui Olsen Hands on Spotting Beginner / Intermediate Tumbling
3:15 – 4:15	Ivan Ivanoff Yurchenko Development / Progressions	Frank Sahlein Trends and New Programming in Children's Activity Centers	Linda Thorberg Level 7/8 Bars What is the Start Value?	Byron Knox Strength Training for the High School and College Age Athlete	Brant Lutska Oh Baby, Take 2 Let's Have FUN!	Jacqui Olsen Hands on Spotting Beginner / Intermediate Uneven Bars
4:30 – 5:30	Tony Retrosi Developing Release Moves	Byron Knox Preparing your Athlete for Collegiate Gymnastics	Marian Dykes Balance Beam Mounts / Dismounts	Alison Arnold Shocks, Stops, Balks and Blocks. 10 Crazy Solutions for fear before you go crazy	Brant Lutska Active Participation Games	

* Lectures designated for CPE Credit



**HOSPITALITY - COMMONWEALTH ROOM
THANK YOU REGION 6 FROM USA GYMNASTICS EASTERN CHAMPIONSHIPS
5:30 PM – 7:00 PM**


SUNDAY AUGUST 7, 2011

	GENERAL	WOMEN'S OFFICIALS*	COACHING*	RECREATIONAL
	SALON G / H	SALON D	SALON E	COMMONWEALTH
9:00 – 10:00	Rett Ware TOPs Program Specific Conditioning to Improve Physical Abilities	Pat Panichas Balance Beam Acro	Ivan Ivanoff Tumble Trak and Trampoline Progressions	Linda Thorberg / Brant Lutska New Ideas for Bars and Beam for Preschoolers / Recreation
10:15 – 11:15	Rachel Brazo Preventing Sexual Misconduct	Pat Panichas Uneven Bars Releases	Tammy Biggs Developing Core Strength	Linda Thorberg Props with a Purpose!
11:30 – 12:30		Kathy Feldmann Collegiate Update	Ivan Ivanoff Advanced Tumbling	Brant Lutska Roundtable What do YOU do?
1:00 – 5:00				Pre School Fundamentals Hands on Training



Add On Courses

USA GYMNASTICS UNIVERSITY

	COURSE	ROOM
Thursday 5:00 – 9:00	Safety Certification 	Commonwealth IV
Thursday 5:00 – 9:00	Judges Exam	Lexington
Saturday 9:00 – 5:30	Gymnastics Judging 101	Old Meeting House
Sunday 1:00 – 5:00	Pre-School Fundamentals  Hands on Training	Commonwealth IV



**DIRECTIONS
EXXCEL GYMNASTICS
88 WELLS AVE
NEWTON, MA**

TO: Exxcel Gymnastics

Rte 95 South
Take Exit # 19B HIGHLAND AVE
Turn slight right onto HIGHLAND AVE [0.1 mile]
Turn left onto HUNTING RD [0.6 mile]
Turn Left on KENDRICK ST [0.6 mile]
KENDRICK ST becomes NAHANTON ST
Turn right onto WELLS AVE
EXXCEL GYMNASTICS will be on your left [0.4 mile]

TO: MARRIOTT

Take a right out of Exxcel parking lot
Turn left onto NAHANTON ST
NAHANTON ST becomes KENDRICK ST
Turn right onto 4th AVE
4th AVE becomes 2nd AVE
Turn left onto HIGHLAND AVE
Merge onto I-95 North / MA 128
Merge onto EXIT #24 – Rte 30 E



VISIT THE REGION 6 STORE

Assorted Apparel, Accessories and Merchandise at Discounted Prices