



USA
GYMNASTICS

In cooperation with Region 8 presents the

2007 Region 8 Congress

GENERAL INFORMATION

DATE/SITE:

Region 8 June 15 – 17, 2007 Atlanta, GA Renaissance Atlanta Hotel

PURPOSE OF REGIONAL CONGRESSES:

The purpose of regional congress is to provide education to the teachers, coaches, judges and gymnastics business owners of the region. Education and training enable everyone to effectively and professionally serve in the development of the young gymnasts across the country.

REGION 8 EDUCATION:

Over 75 Sessions covering the following areas:

Coaches Education – Sessions covering popular topics for the developmental through elite gymnastics coach. Learn from leaders in the gymnastics community.

Recreational Education – A recreational track covering programs for tots through teens; be the best instructor in your gym!

Business Education – Sessions covering marketing, managing your business, staff retention and more.

Judges Education – Sessions covering compulsory, optional and elite judging criteria, technique and more.

SPEAKERS:

Region 8 Committee

- Alison Arnold** National Team Sports Psychologist
- Tammy Biggs** National Coaching Staff
- Tom Koll** Nat'l Jr. Olympic Committee Chairman
- Brant Lutska** National Instructor/Recreational Gymnastics
- Connie Maloney** Women's JO Program Manager
- Jeff Metzger** Business Education
- Tim Rand** Former National Team Coach
- Gary Warren** Women's Program Director/Athlete Development

Registration will begin on February 1, 2007. Online Registration will be available for members and printable forms will be available for all others at www.usa-gymnastics.org

<u>COST</u>	Early Bird (Ends April 1st)	Regular Price (Ends May 31st)	On-site Registration	<u>Full Dinner Banquet</u>
Professional, Jr. Pro & Instructor Members	\$145.00	\$175.00	\$200.00	\$20.00
Other Member Types and Non – Members	\$175.00	\$205.00	\$230.00	\$20.00
Member Clubs	1st – \$145.00 2nd - \$135.00 3rd - \$135.00 4th - \$125.00 5th - \$125.00 6th or more - \$115.00	1st – \$175.00 2nd - \$165.00 3rd - \$165.00 4th - \$155.00 5th - \$155.00 6th or more - \$145.00	N/A	\$20.00/ea

HOUSING

A block of rooms has been reserved. Call by May 22, 2007
National Travel Systems Sports Travel Team
PO Box 93498
Lubbock, TX 79493-3498
Toll Free: 1-888-603-8747; Main Line: 806-794-3135
Fax: 806-687-3815
Email: usagama@takeavacation.com Website: www.wdpltd.com
Single/Double Rate of \$125.00

Renaissance Atlanta Hotel - Downtown
590 West Peachtree Street NW
Atlanta, GA 30308
404/881-6000– local information only

Any reservations after the cut-off date will be based strictly on availability.

*Please check the USA Gymnastics website – www.usa-gymnastics.org for a detailed schedule and registration information.

*Minimum age for Congress attendees is 16.

Friday, June 15 - Region 8 - **TENTATIVE – SUBJECT TO CHANGE**

	Women's Officials	Coaching	Recreational	Wellness/Misc.	Business
8:00 – 5:00					
8:30	TA Meeting Maloney				
9:00 – 10:00	Bar Releases – Expectations Maloney	Stylization vs Text Level 5 FX Koll	Bringing Basics Back to Our Workouts Parrish	The Five Rings of Mental Toughness Arnold	Pay Scales; Raises and Salary Controls Metzger
10:15 – 11:15	Connections and Positions on Beam and Floor Dykes	Training Top Level Gymnasts in 20 Hours Per Week Harris	Recreational Gymnastics Koll	Pre-Elite / Hopes Warren	Grooming Employees to Think and Act Like Owners Metzger
11:15 – 11:45					
11:45 – 12:45	Professionalism – Aligning Coaches & Judges Expectations. Maloney	Stylization vs Text – Level 6 FX Koll	Conditioning Games for Birthday Parties; Special Events Parrish	Coaching to Overcome Fear Arnold	Hiring and Interviewing: How to Read People Metzger
12:45 – 1:45					
1:45 – 2:45	Evaluation Acro Skills on Floor Dykes	Composition and Construction of Level 7 Beam and Floor Koll	Recreational Warm ups and Fun Musical Conditioning Parrish	In Depth TOPs Warren	Proper Prices for Classes and Teams in an Inflationary Environment Metzger
3:00 – 4:00	Judges – Keep Your Head Up! Maloney	Drills and Skills for Great Beginning Level Optional Bars Harris	Recreational Balance Beam Koll	Win – Win – Win; The Coach; Athlete, Parent Triangle Arnold	Jump Start Gearhart
4:00 – 4:30					
4:30 – 5:30	Vault Pre-flight Batsche	JO Update Koll; Maloney; Padron, Dykes	Preschool Warm ups and Ending Activities Parrish	The Biology of Belief: How to Make Them Believe It and Be It! Arnold	How to Start a T&T Program Gearhart

Saturday, June 16 – Region 8 - **TENTATIVE – SUBJECT TO CHANGE**

	Women's Officials	Coaching	Recreational	Wellness/Misc.	Business
8:00 – 5:00					
9:00 – 10:00	Evaluating Vault for Judges Padron	The Most Important Shape that Affects all Events Biggs	Understanding the Preschooler; Developmentally Appropriate Classes Lutska	Starting a Sports Acro Program in Your Gym Hess	Roundtable- Adding Special Events that Create Additional Income Parrish
10:15 – 11:15	Level 10 Bar Compositions Batsche	Clear Hips, Stalders, and Toe-ons Rand	Rock and Roll Motivation for New Gymnastics Staff and Coaches Parrish	Sports Acro Hess	What you should have known before you opened and what you can do to catch up. Holcomb
11:15 – 11:45					
11:45 – 12:45	Understanding grips and turns on bars Rand	Passive and Active Flexibility Biggs	Preschool Equipment Ideas Using Tumble Trak, Trampoline, Boys Lutska	USA Gymnastics Member Conduct Issues, Member Background Checks and Misconduct Reporting Policies and Procedures. Feldmann	The Numbers and Financial Information You Must Know. Holcomb
12:45 – 1:45					
1:45 – 2:45	Composition Deductions on Level 9 Beam Batsche	Drills & Skill for Level 8 – 9 Bars Harris	Spotting for Recreational Coaches Rand	Vault – Beginner to Advanced for Men/Women Pumpido	Region 8 – State of the Union Kornegay and all Reg. 8 SACC
3:00 – 4:00	Perfect Skills Rand	How to Achieve Aerial Skills. Biggs	Round Table – Preschool & Recreational Program Questions Lutska	Tumbling – Beginner to Advanced for Men/Women Pumpido	The Details That Matter if You are to Run a Successful Gymnastics School. Holcomb
4:00 – 4:30					
4:30 – 5:30	How to be an effective Meet Referee and/or Chief Judge Including Q&A Dykes	Twisting Skills Rand	Pieces are Purposeful Deconstruction of Skills Lutska	USA Gymnastics University Laughon	Facility Design for Growth and Profits. Holcomb

Sunday, June 17 – Region 8 - **TENTATIVE – SUBJECT TO CHANGE**

	Women's Officials	Coaching	Recreational	Wellness/Misc.	Business
9:00 – 10:00	Practice Judging Level 8 Dykes with Panel	Training Tumbling Skills on Beam Rand	Motivating Children for Gymnastics Lutska	Pommel Horse Techniques Pumpido	
10:15 – 11:15	Practice Judging Level 9 Dykes with Panel	Round Off Entry Vaults Rand	10 Tips for Successful Parent and Child Classes Lutska	The Secrets of Rhythmic Gymnastics – Flexibility Harty	How to Start a Boys Program White/Pumpido
11:30 – 12:30	Practice Judging Level 10 Dykes with Panel	Level 4 – 6 Handspring Vaulting Harris	Recreational UB Rand	Rhythmic Harty	Level 2/3 Competitions McCabe/Walls/Hawkins/Kornegay

Speakers:

Tom Koll
 Tim Rand
 Tammy Biggs
 Connie Maloney
 Kathy Ostberg
 Alison Arnold
 Debbie Kornegay
 Paul Padron
 Brant Lutska
 Jeff Metzger
 Marian Dykes
 Brad Harris
 Cookie Batsche
 Randy Parrish
 Carissa Laughon
 Dave Holcomb
 Jennifer Hess
 Megan Gearhart
 Mila Harty
 Kathy Feldmann
 Gary Warren
 Kevin White
 Roberto Pumpido