

# REGION 7 CONGRESS PRELIMINARY SCHEDULE\*

Thursday Oct. 22nd

Registration from 5pm – 8pm

Safety Course 5pm – 10pm - Maple

HOT Course 4pm – 8pm – Crepe Myrtle

Judges Exams 4pm – Royal Palm and Cedar

Friday October 23, 2009

PLEASE VISIT THE EXHIBITORS IN THE BALLROOM NORTH

	Recreational	Business	Officials and Coaches	Coaches and Officials	Other
	Cedar	Crepe Myrtle	Sequoia	Ballroom South	Royal Palm
9:00 – 10:00	Brant Lutska  Vaulting for Recreational Classes	Jeff Metzger  Leadership Subtleties You Never Learned in College	Myra Elfenbein & Cheryl Hamilton  JO Code of Points Overview:	Myra Elfenbein & Cheryl Hamilton  JO Code of Points Overview:	Alison Arnold  Dealing with Difficult People
10:15 – 11:15	Brant Lutska Behaviors – How to teach children w/ different temperaments & Learning Styles	Jeff Metzger  Confrontation: The Good, Bad & Ugly	Linda Thorberg  Collegiate judging-	Steve Rybacki  Vault – The underlying principles to success	Alison Arnold  The Gym-Whisperer: Bringing out the best in your athletes
11:30 – 12:30	Brant Lutska  The Best of Trade a Tip Ideas	Jeff Metzger  How to SAFELY Delegate Financial Responsibility	Linda Thorberg  Practice Judging Level 7/8 Bars	Steve Rybacki  Plan for Success – Training Meets and Workouts	Alison Arnold  Commit to Hit: How to make it happen when it's time.
12:30 – 2:00					
2:00 – 3:00	Brant Lutska and Linda Thorberg  Easy Warm Up Songs and Dances for Kids	Jeff Metzger  Maximizing Enrollment: The two most critical factors	Cheryl Hamilton  Elite Trends: a report from World Championships	Steve Rybacki  Round Off Entry Vault to Success	Sharise Beavers  Increasing your Bottom Line with an Acrobatic Gymnastics Pre-team Program
3:15 – 4:15	Brant Lutska  Cooperative Games for Preschool and Recreational Classes	Jeff Metzger  7 Simple Systems ALL clubs can use	Myra Elfenbein  Acro Connections on Beam	Steve Rybacki  Tumbling – the underlying principles to success	Alison Arnold  Shocks, Stops, Blocks, and Balks: Dealing with fear in gymnastics
4:30 – 5:30	Brant Lutska  Mat magic	Sean Dever  Creating and working with a budget...	Myra Elfenbein  Identifying Bars Skills/angles:	Rachel Brazo  Sexual Misconduct	Sharise Beavers  How to Start Coaching Acro: Beginning Levels (L4-L6)

**Saturday Oct. 24, 2009**

**PLEASE VISIT THE EXHIBITORS IN THE BALLROOM NORTH**

	<b>Recreational</b>	<b>Business</b>	<b>Coaches and Officials</b>	<b>Coaches and Officials</b>	<b>Other/</b>
	<b>Cedar</b>	<b>Crepe Myrtle</b>	<b>Sequoia</b>	<b>Ballroom South</b>	<b>Royal Palm</b>
9:00 – 10:00	Linda Thorberg  Parent and Child Class. What do you say? What can they do?	Sean Dever  Tax Deductions & Employment Law Updates for 2009	Myra Elfenbein  Practice Judge Level 9/10 Floor	Tom Koll  Coaching the JO Code of Points Level 9 & 10	Linda Johnson  Bridging the Gap-Coaching, Teaching and Managing Across Generations Part 1
10:15 – 11:15	Linda Thorberg  Preschool Core Stability Activities	Sean Dever  Positive Profits – How to improve any bottom line	Myra Elfenbein  Practice Judge Level 7/8 Floor	Tom Koll  The Dance Passage – How to Coach it and Judge it	Linda Johnson  Bridging the Gap-Coaching, Teaching and Managing Across Generations Part 2
11:30 – 12:30	Linda Thorberg  Beam Bonanza for Preschool and Beginners	Sean Dever  Should You Start a Profit Sharing and/or Bonus Plan for Your Small Business?	Tom Koll  Compulsory Floor – Incorporating the new music	Linda Johnson  Drills for Dance Combinations	
12:30 – 2:00	<b>RAC Meeting in Elm Room</b>	<b>Other</b>			
2:00 – 3:00	Linda Thorberg  50 Things to do before you MAKE them roll over the Bar!	Talia Trapuzzano Eubanks  Hip Flexor Conditioning for all Levels	Cheryl Hamilton  Practice Judge Level 9/10 Beam	Tom Koll  Common Compulsory Trouble Areas	Joe Strank  Understanding Men's Compulsory Judging
3:15 – 4:15	Linda Thorberg  Recreational Teacher Round Table	Talia Trapuzzano Eubanks  Preventing Heel Pain in the Gymnast	Cheryl Hamilton  Practice Judge Level 7/8 Beam	Tom Koll  Beam Tumbling Progressions	Joe Strank  Understanding Men's Optional Judging
4:30 – 5:30	Ken Miller/Bertina Hsu-Miller  The Amazing Power of Games	Tom Kovic  Collegiate Recruiting	Myra Elfenbein  Practice Judge Level 9/10 Bars	Tom Koll  Coaching the JO Code of Points Level 7 & 8	Joe Strank  JO vs FIG Routine Construction differences and how to construct a routine that meets both sets of rules.

**Virginia Annual State Meeting 5:30 – 6:30**

**REGION 7 BANQUET AND AUCTION**

7:30 – 9:30 Region 7 Awards Banquet – Ballroom South

*\*Subject to Change*

**Sunday Oct 25, 2009**

**PLEASE VISIT THE EXHIBITORS IN THE BALLROOM NORTH**

	<b>Recreational/Other</b>	<b>Other</b>	<b>Coaches and Officials</b>	<b>Coaches and Officials</b>	<b>Other</b>
	<b>Cedar</b>	<b>Crepe Myrtle</b>	<b>Sequoia</b>	<b>Ballroom South</b>	<b>Royal Palm</b>
8:30 – 9:30				Region 7 Gather Round the Chalk Bowl!  With the Region 7 Board	
9:30 – 10:30	Ken Miller/Bertina Hsu-Miller  The Coaches Tool Box	Pete Pidcoe  Avoiding Re-injury	Linda Johnson  Making Time for Dance: Complexes for Beam and Floor	Jim Walker  Bars	Kevin Preston  Optional Routine Development for 1st Year Level 8's and 9's
10:45 – 11:45	Ken Miller/Bertina Hsu-Miller  Stop the Attrition and Reclaim the Joy and Passion	Pete Pidcoe  Twisting Basics	Cheryl Hamilton  Optional Vault Practice Judging	Lynn Perrott  Beam	Kevin Preston  Incorporating Future Stars into your Program
11:45 – 12:45	Ken Miller/Bertina Hsu-Miller  Addressing Challenging Behavior	Todd Henry  Collegiate	Linda Johnson and Lynn Perrott  Compulsories – The Big Picture: Don't Sweat the Small Stuff	Jim Walker  Bars	Kevin Preston  Pre-Strength/Body Prep for Level 4-7 Athletes

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