

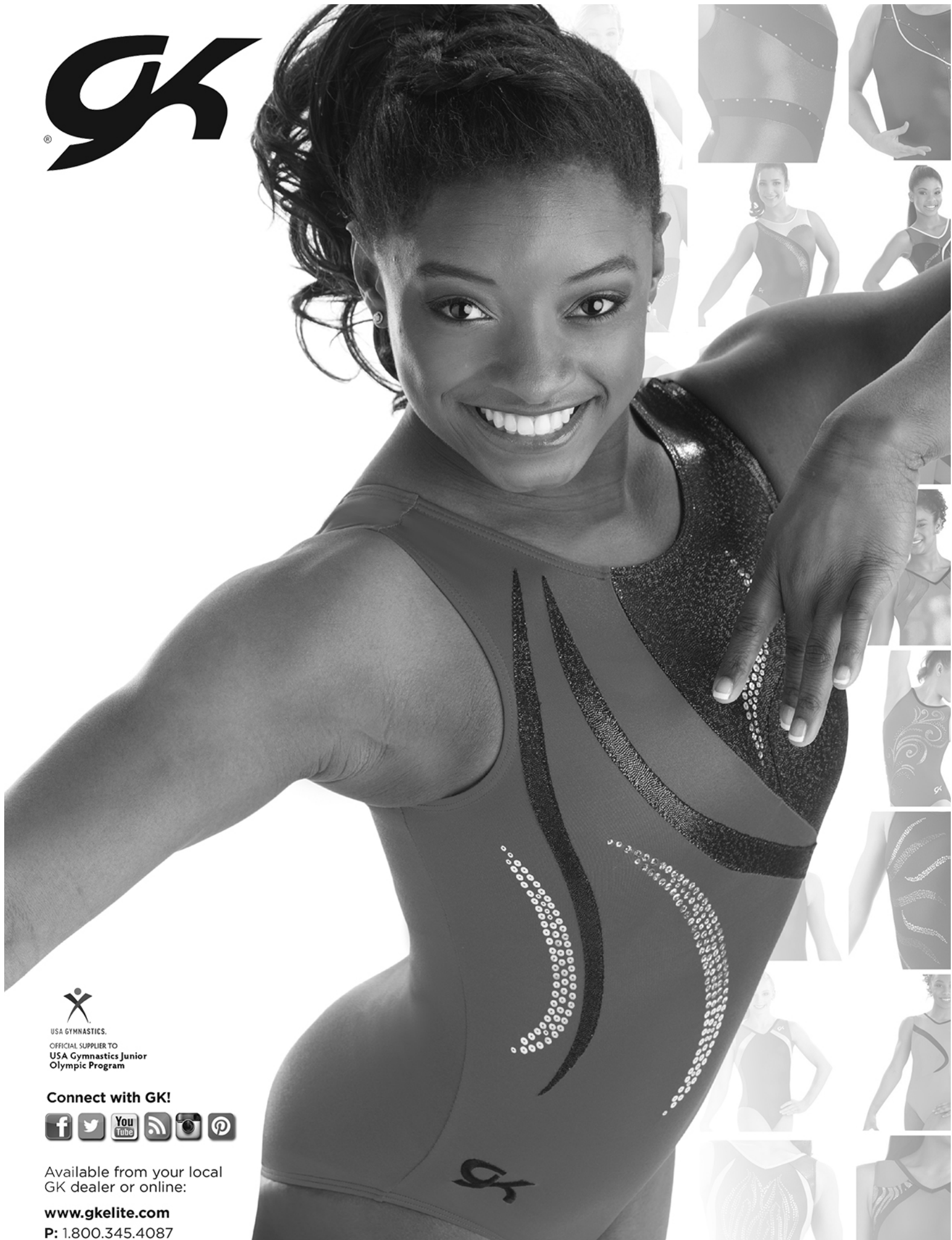
2016 USA GYMNASTICS

REGION 6 CONGRESS



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AUGUST 5-7 - PROVIDENCE, RI



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REGION

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WELCOME

USA Gymnastics' Educational Staff along with Region 6 Women's Committee welcomes you to this outstanding educational event!

We believe you will be renewed and inspired as you...
Explore Excellence!

WHAT'S INSIDE THE GUIDE



PRESENTERS

Check out the great lineup of presenters for 2016 Regional Congress!

EXHIBITORS

From equipment to leos and everything in between, the exhibitors have everything you need!

Visit them between lectures!

SCHEDULE

Plan your weekend- don't miss a lecture!

Add-on course information and Region 6 event details!

EDUCATION EXTRAS

Find out about USA Gymnastics University courses and initiatives.

Check out USA Gymnastics Member Services NEW Facebook page!

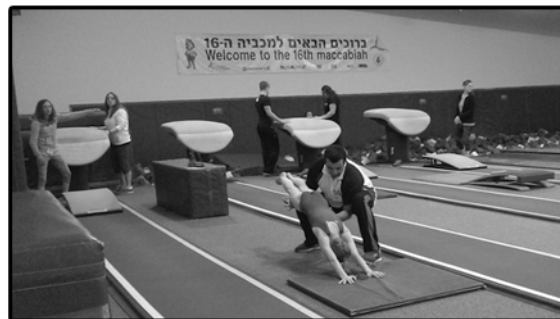


USA GYMNASTICS UNIVERSITY

Earn your Junior Olympic Team Coach or National Coach certificate!

W300 JUNIOR OLYMPIC TEAM COACHES' COURSE W400 NATIONAL COACHES' COURSE

Throughout this 3 - day intensive course you will be working closely with National Coaches, developing your knowledge base for Level 4-7 (W300) or 8-10 (W400) skills, expanding on the fundamentals of coaching Junior Olympic athletes, and cultivating your leadership skills.



- Provide 20+ hours of practical instruction where YOU will be directing the athletes
- Include 10+ hours of classroom instruction from Master Clinicians and National Coaches (Psychology, Sports Medicine, Strength, Conditioning & Flexibility and Periodization)
- Offer discussion and collaboration with National Coaches
- Demonstrate applicable progressions and skills to train Jr. Olympic athletes Level 4-7
- Instruct how to implement training learned during camp in your own gym/How to create lesson plans

Visit USAGymnasticsUniversity.org

for more course details and to check next course availability!

RED EMINENT YOUR
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MAKE THE COMMITMENT

WHY? BECAUSE WE NEED TO ELIMINATE THE OPPORTUNITY. INAPPROPRIATE BEHAVIOR AND SEXUAL MISCONDUCT THRIVE ON PRIVACY. MAKING SURE THERE IS ZERO OPPORTUNITY FOR THIS TYPE OF CONDUCT TO OCCUR IN A CLUB'S PROGRAMS, ACTIVITIES AND EVENTS IS ONE OF THE MOST IMPORTANT STEPS A CLUB CAN TAKE TO PROVIDE A SAFE ENVIRONMENT. ELIMINATING PRIVACY IS NECESSARY TO KEEP YOUR STUDENTS SAFE.

USAGym.org/ClubsCare

Visit the registration desk and receive a sticker to show your commitment to keeping gymnastics safe!

EXHIBITORS/HALL HOURS

Friday – 8am – 5:30pm

Saturday – 8:30am – 6pm

Sunday – 8:30am – 1pm

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Email: ray@iClasspro.com

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Email: mark@tumbletrak.com



BEGIN HERE, GO ANYWHERE.

HOW TO IMPLEMENT WHAT YOU LEARN AT #RC2016

1. DISCUSS THE TAKE - AWAYS

Quickly plan a staff meeting while ideas are still fresh. Discuss what you learned and share notes with coaches that weren't able to attend congress.

2. QUALITY, NOT QUANTITY

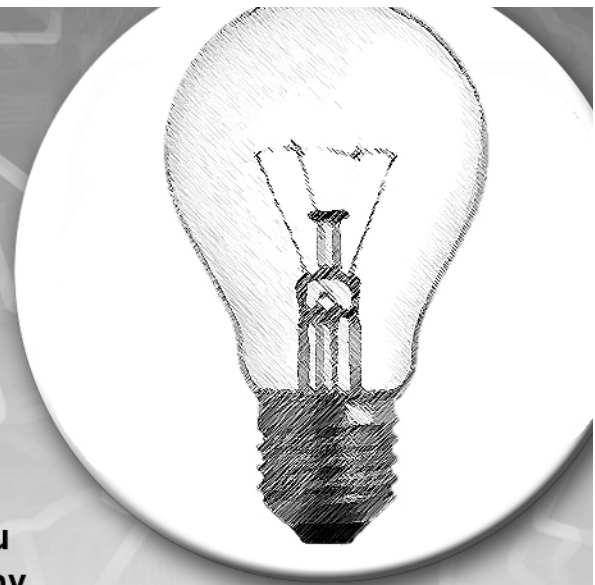
Now you have 20 great ideas. Be realistic about what you can accomplish with staff and athletes. Prioritize ideas by importance and ease of accomplishment to determine which few ideas to tackle first.

3. PLAN WITH A PURPOSE

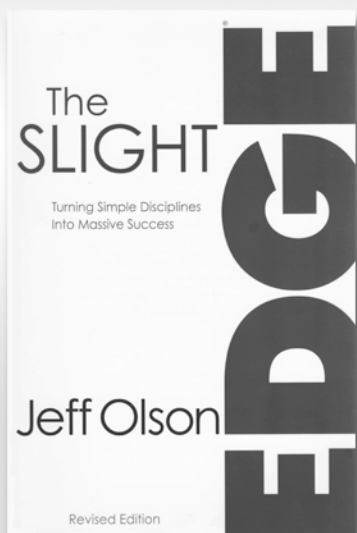
It takes time to form new habits. Create a goals timeline outlining what you would like to accomplish. Set weekly reminders of what you want to change in your calendar or around the gym to help keep you on track.

4. SUCCESS IS A TEAM EFFORT

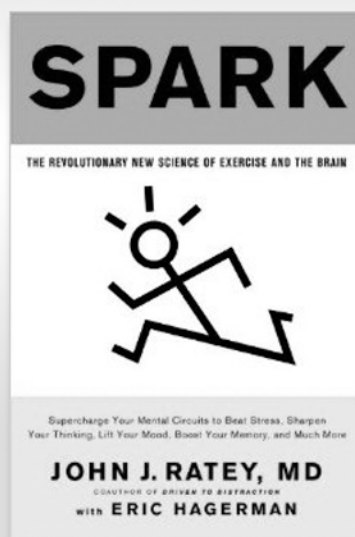
Successfully implementing new ideas takes time and a team effort – it won't happen over night! Remember your goals and never give up!



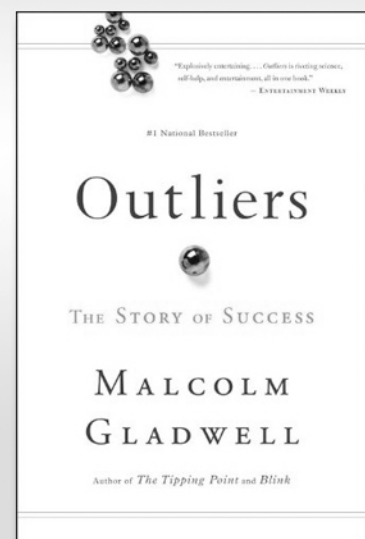
SUGGESTED READING



Recommended by
Cheryl Jarrett
USA Gymnastics
VP of Member Services



Recommended reading
for individuals helping
gymnasts with special
needs



Recommended by
USA Gymnastics
Business Advisors



PRESENTERS

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blog <https://annejosephson.wordpress.com>

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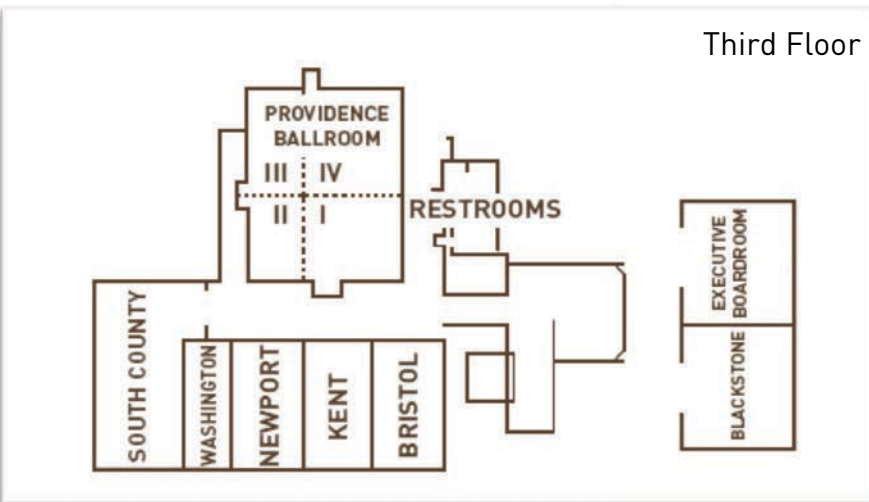
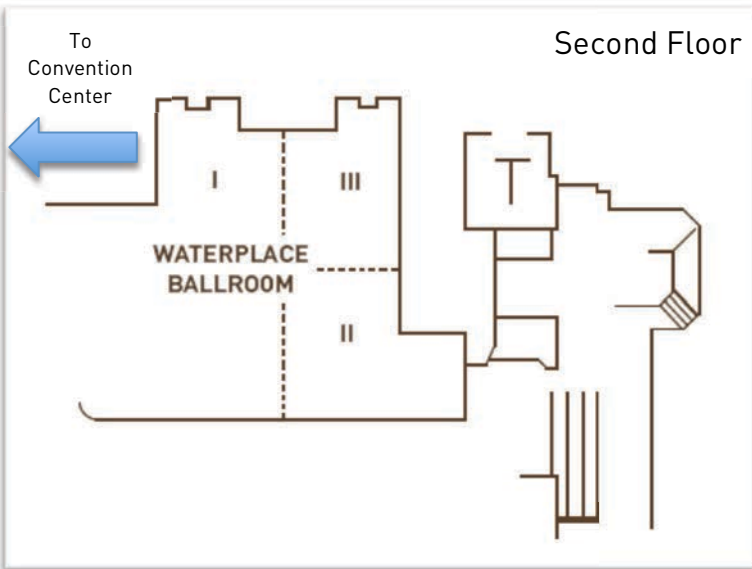
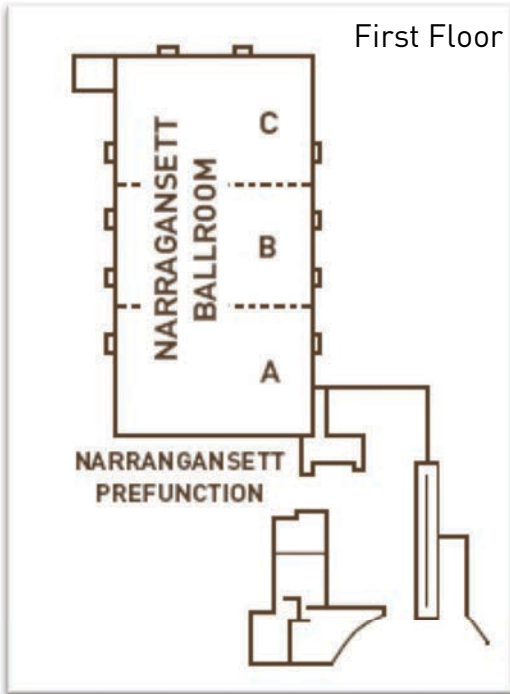
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davetilley63@gmail.com

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University of Pittsburgh - Head Gymnastics Coach
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LECTURE ROOMS

FIRST FLOOR

Narragansett B

Narragansett C

SECOND FLOOR

Waterplace

Convention Center - Hall ABC

THIRD FLOOR

Providence

Newport/Washington

Bristol/Kent

EXHIBIT HALL

Narragansett A



FRIDAY – AUGUST 5

	✓Coaching	✓Coaching	✓Technical	Recreational	Business/ Sports Science	Men's	✓Coaching
	Narragansett C	Narragansett B	Providence	Waterplace	Newport / Washington	Bristol / Kent	Convention Ctr. Ballroom ABC
8:30 – 9:30	Tom Koll Create a BB/FX Routine to Minimize Deductions	Tony Retrosi Developing a Plan For UB	Dykes/ Panichas Practice Judging L7 UB, BB, FX	Linda Thorberg 50 Activities to Make BB Fun	Dave Tilley Brian Pickard Optimizing Flexibility: Updating Our Methods & Making Change Stick	Anthony Passamonte The Secret Ratio That Elevates Gymnast Performance	Jacqui Olsen Front/Back Tumbling Basics
9:45 – 10:45	Tom Koll Level 3-5 Train for Success	Tony Retrosi VT – Optional Drills for Your Compulsory Gymnasts	Pat Panichas Clarification of Clarifications and More	Linda Thorberg Teach The Teacher	Dave Tilley Brian Pickard Essential Strength & Injury Prevention Concepts for Training	Mike Serra JO Competition Program Changes: Vault	Jason Vonk Round-off Drills for Yurchenko Vaults
10:45 – 11:15 Coffee Break- Visit the Exhibits!							
11:15 – 12:15	JO Update Pat Panichas, Larry Goldsmith		Marian Dykes A Coaches' Guide to Xcel Judging	Tony Retrosi Basic Floor For Recreational Classes	Anne Josephson Thoughts On Dealing w/Difficult Parents	Dave Tilley Preventing Shoulder and Wrist Injuries in Men's Gymnastics	Nicole Langevin Drills to Develop Leaps & Jumps for Compulsory - Optional
Raffle in Exhibit Hall 12:15 – 12:30 - Enjoy Your Lunch!! Lunch & Learn 12:15-1:30: Drop in Convention Center (ABC) to view a Ninja Warrior Demonstration							
1:30 – 2:30	Tom Koll The Future of Level 7 Vault	Jason Vonk Front and Back Twisting	Panichas/ Dykes Levels 9 & 10 UB Bonus Connections	Linda Thorberg Baby Moves	Anne Josephson Once Upon A Time...Harnessing the Power of Storytelling to Market Your Business	Anthony Passamonte Foundational Movement: The Missing Link to High Level Performance	STAFF Casts / Clear Hips / Long Hang Pullovers / Fly-Aways
2:45 – 3:45	Annie Heffernon Drills & Lead- Ups for BB Skills	Brian Pickard Dave Tilley Kettlebell Concepts-Grind	Linda Thorberg Level 3-5 Compulsory FX: Comparing Major Elements	Michelle Kocan Fun AND Effective- Get Results From Your Once-a- Week Students	Marian Dykes Accounting for Gym Club Owners	Mike Serra JO Competition Program Changes: High Bar	Nicole Langevin Tour Jeté; Tour Jeté ½; Switch ½ Lead-Up Drills
4:00 – 5:00	Jason Vonk Training the Four Major Vault Entries	Brian Pickard Dave Tilley Kettlebell Concepts: Olympic Lifts	Panichas/ Dykes Landings: Is It In Control? VT, UB, BB & FX	Brant Lutska Run-Jump- Land That's Vaulting	Anne Josephson Questioning the Sacred Cows: "Best Practices" That May Be Hurting Your Bottom Line	Anthony Passamonte Maximize Power Through Strength Training Systems	Tom Koll Working w/ the Dance Passage

REGION 6 BANQUET – 7:30PM – NARRAGANSETT B&C



SATURDAY – AUGUST 6

	✓Coaching	Add -On	✓Technical	Recreational	Business/ Sports Science	Men's	✓Coaching
	Narragansett C	Narragansett B	Providence	Waterplace	Newport / Washington	Bristol / Kent	Convention Ctr. Ballroom ABC
8:30 – 9:30	Neil Resnick In Bar Basics & Pirouetting	Annie Heffernon The NEW USA Gymnastics Reservation System & App	Maria DeCristoforo Judges' Potpourri	Tom Koll Recreational Classes Setup/ Structure/Fun	Dr. Tabbaddor Hip/Pelvic Issues In Gymnasts	Daryl DeNomme Boys Classes As Easy As 1,2,3: The Essential Elements Program	Christalle Auger Incorporating Flexibility in Your Workouts
9:45 – 10:45	Neil Resnick Double Backs & Beyond	Tom Alberti How and Why to Open a Ninja Warrior Gym	Dykes/ Panichas Level 6: Practice Judging UB, BB & FX	Tom Koll Ideas for Recreational BB	Anne Josephson Hot or Not: How to Make Your Brand Relevant, Revered and Rewarding	Mike Serra JO Competition Program Changes: Pommel Horse	STAFF Hands-on Spotting: Intermediate BB/FX
10:45 – 11:15 Coffee Break- Visit the Exhibits!							
11:15 – 12:15	Annie Heffernon Routine Construction For Dummies: Did I Miss a "B"	David Auger Take Your Shaping to Uneven Bars	Panichas/ Resnick Evaluating & Comparing Technique on Adv. Tumbling for FX	Brant Lutska Building the Skills With Exercise	Susan Margolis Coaching Mental Blocks	Daryl DeNomme Developing Your Recipe For Success	Tom Koll Stylization vs. Text Level 4/5 BB
Raffle in Exhibit Hall 12:15 – 12:30 - Enjoy Your Lunch!! Lunch & Learn 12:15-1:30: Drop in Convention Center (ABC) to view a Ninja Warrior Demonstration							
1:30 – 2:30	Neil Resnick Tumbling; Be A Step Ahead on Trampoline	David Auger Pre-hab for Advanced Skills	Maria DeCristoforo Level 10 Composition Considerations	Lutska/ Thorberg Active Participation Games & Music	Susan Margolis Psychology of Rehab	Ken Johnson 2015-2016 Region 6 Injury Summary	Tom Koll Stylization vs. Text Level 4 FX
2:45 – 3:45	Annie Heffernon BB Complex to Help You Stick	Steve Pryor Trampoline - Jumping to Profitability	Thorberg / Goldsmith Judging Level 4/5 Handspring Vault	Brant Lutska Good Balance Leads to Skill Development	Anne Josephson Standing On The Shoulders of a Giant	Ken Johnson To Tape or Not to Tape	Tom Koll Stylization vs. Text Level 5 FX
4:00- 5:00	Neil Resnick Yurchenko and Tsukahara Vaulting	Marian Dykes Xcel Updates For Coaches & Officials	Pat Panichas Optional Bar Angle Challenge	Michelle Kocan Break It Down: Again & Again	Anne Josephson From Good to Great: Common Traits of Great Gym Clubs	Mike Serra JO Competition Program Changes: Rings	STAFF Hands-on Spotting: School Age



SUNDAY – AUGUST 7

	✓Coaching	General	✓Technical	Recreational	Men's
	Narragansett C	Narragansett B	Providence	Waterplace	Bristol / Kent
9:00 – 10:00	Neil Resnick Conditioning PROGRESSIONS	Nicole Martin General Nutrition for Athletes	Panichas/Thorberg Level 9 Composition	Brant Lutska Let's Have a Ball, Balloons & Bean Bags	Mike Serra JO Competition Program Changes: Floor Exercise
10:15 – 11:15	Dave Auger Choose a Twisting Direction: Round-Offs, Pirouettes, Overshoots and More	Elizabeth Bailey Safe Sport	Gail McGann Xcel Practice Judging	Brant Lutska What's Your Problem?	Mike Serra JO Competition Program Changes: Parallel Bars
11:30 – 12:30	Nicole Langevin Instilling Artistry – Raising Scores and Turning Heads	John Deary Equipment Safety	Lois Colburn Debbie Yohman NCAA Judges Update	Linda Thorberg A to Z Recreational & Preschool Bars	Daryl DeNomme The Game of Gymnastics: Turn Work Into A Game

Add-On Courses

Women's Judges Exam

Thursday, August 4 - 4:30 - 9:30 PM

Kent/Bristol

U101: Safety & Risk Management Course

Thursday, August 4 - 5:00 – 10:00 PM

Waterplace

R102: Preschool Fundamentals

Sunday, August 7 - 1:00 - 5:00 PM

Narragansett C

W200: Development Coaches' Course

Sunday, August 7 - 1:00 - 8:00 PM

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REGION

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Rising Stars - Xcel Stow, MA

OCTOBER 15 - 16

Rising Stars - Rhode Island E. Greenwich, RI

OCTOBER 23

Rising Stars - Compulsories Woburn, MA



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EXPLORE EXCELLENCE QUOTES

SHARED BY REGION 6 CONGRESS PRESENTERS

“Together, we overcome obstacles!”

-Shared By: Thomas Alberti

“Prepare”

-Shared By: Lois Colburn

“Strive not to be a success, but rather to be of value.”

-Shared By: Anne Josephson

“We aim to raise the level of excellence by exploring the technical, philosophical, and artistic aspects of this incredible sport.”

-Shared By: Nicole Langevin

“Be not afraid of going slowly; be only afraid of standing still”

-Shared By: Susan Margolis PhD

“The More You Give, The More You Get”

-Shared By: Jacqueline Olsen

“Be the Best Teacher!”

-Shared By: Linda Thorberg

“I've always considered myself to be just average talent and what I have is a ridiculous insane obsessiveness for practice and preparation.”

-Shared By: David Tilley



Judging Accreditation Continuing Professional Educational Clinic Hours for Multi-Track Educational Events

Such as State, Regional or National USAG Congress/Clinics, or NAWGJ Clinics/Symposiums

Please complete by indicating # total hours, day/time, topic, clinician, & obtain a signature for each session from the clinician or designated personnel. Only sessions relating to competitive gymnastics, either coaching or judging, may be used for CPE clinic hours. Sessions on Business topics, pre-school, sport science and the like are not eligible. Keep this as your receipt in the event that you are audited for your CPE credits.

First Name: _____ Last Name _____ USA Gym # _____

Circle One: State Regional National

Name of Clinic: _____ Date: _____

Location (City, State): _____

Total Number of Clinic Hours: _____

Day & Time	Topic	Clinician	Signature		Day & Time	Topic	Clinician	Signature

THANK YOU

FOR ATTENDING 2016 REGION 6 CONGRESS



USA GYMNASTICS

A special thank you to USA Gymnastics' Educational partners!
3rd Level Consulting - GymCert - Positive Coaching Alliance (PCA) - Darkness 2 Light

WE WANT YOUR FEEDBACK!

please take a moment to visit

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and give us your feedback on this year's
Regional Congress and ideas for the future

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SAVE THE DATE - 2017 REGION 6 CONGRESS
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AUGUST 4-6, 2017