

Friday – July 31, 2009

Subject to Change

7/11/09

	Coaching	General / Wellness	Business	Women's Officials	Coaching	Recreational
	CHARLES RIVER	SALON A- B	SALON C	SALON D	SALON H	COMMONWEALTH IV
	Theatre 150	Theatre 100	Theatre 50	School Room 120	Theatre 45	Theatre 100
9:00 – 10:00	Tammy Biggs The Importance of Basics on Each Event. Are you Doing them Right?	Lorenzo Macaluso Building a Boys Program	Frank Sahlein The Master of Marketing Progressions	Larry Goldsmith Pat Panichas JO Update	Shania Dzielak Over Used and Under Stretched Muscles	Linda Thorberg Vaulting for Recreational Classes
10:15 – 11:15	Tammy Biggs The Importance of Flexibility and Different Ways to Get it Done	Lorenzo Macaluso Jams and Takamotos	Frank Sahlein Owner and Program Manager Career Progressions	Marian Dykes Pat Panichas Optional Overview Part 1	Jessica McManus Lower Back Pain	Tony Retrosi Bar Basics for Recreational Classes
11:15 – 11:45						
11:45 – 12:45	Tony Retrosi Developing Strong , Young Athletes	Lorenzo Macaluso Tkachev	Suzie DiTullio Developing Leg Flexibility	Marian Dykes Pat Panichas Optional Overview Part 2	Kim Caspare Common Gymnastic Injuries and Treatment Plans	Linda Thorberg Cooperative Games for Preschool & Recreational Classes
12:45 – 2:00						
2:00 – 3:00	Jamie Winkler Developing Creativity and Artistic Expression in Your Athletes	Tom Meadows Tsukahara / Katsumitsu	Frank Sahlein Personal Organization and Effectiveness	Pat Panichas Level 7/8 Bars [PJ] Looking at NEW cast & pirouette deductions	Alison Jackson Goal Setting	Linda Thorberg Mat Magic!
3:15 – 4:15	Tony Retrosi Developing Yurchenko Vaults	Tom Meadows Thomas and other Head Entry Skills on Floor	Frank Sahlein Fiscal Fitness	Marian Dykes Level 9/10 [PJ] Floor Exercise	Kim Caspare Prevention of Injury Early Detection and Treatment	Tom Koll Levels 1 – 3 – Those are My Kids!
4:30 – 5:30	Tony Retrosi Yurchenko Vaults – Now I Can Flip!	Nicole Langevin Routine Construction and Choreography	Tom Koll Staff Bonus Systems	Gail Caspare Cindy Sielski Potpourri - 1	Matthew McManus Common Foot and Ankle Injuries Taping / Management Techniques	Linda Thorberg Preschool Core Stability Activities



**REGION 6 CONGRESS CELEBRATION AND DANCE PARTY
BALLROOM
7:00 PM**

Saturday – August 1, 2009

	Coaching	General / Wellness	Business	Women's Officials	Coaching	Recreational	
	CHARLES RIVER	SALON A – B	SALON C	SALON D	LEXINGTON	COMMONWEALTH IV	Exxcel Gymnastics
	Theatre 150	Theatre 100	Theatre 45	School Room 120	Theatre 45	Theatre 100	
9:00 – 10:00	Tom Koll Coaching the J.O. Code of Points Level 7 & 8	Alison Jackson Team Building	Frank Sahlein Results of the 2009 Industry Survey.	Pat Panichas Vault Level 7 - 10	Tom Meadows Developing a Level 9/10 Boys Program	Randy Parrish Developing those Hard to Teach Bar Skills.	
10:15 – 11:15	Tom Koll Coaching the J.O. Code of Points Level 9 & 10	Alison Arnold 'The Secret' and Gymnastics: How to use the law of attraction in the gym and in your life	Randy Parrish Add Profit to Your Business Without Adding Overhead	Marian Dykes Level 7/8 Beam [PJ]	Tom Meadows Peach on P - Bars	Linda Thorberg Easy Warm up Songs and Dances for Kids!	
11:15 – 11:45							
11:45 – 12:45	Tammy Biggs Bridging the Gap Between Compulsory and Optional Balance Beam	Alison Arnold Jennifer Seamans Shocks, Stops, Blocks and Balks: Dealing With Fear	Tom Koll Be a Role Model! Motivating Everyone	Pat Panichas Bars Flight Elements	Tom Meadows Strength on Rings	Randy Parrish Class Management with Positive Discipline	
12:45 – 2:00							
2:00 – 3:00	Enrique Trabanino Body Shaping for Bars	Tom Koll Activities for Kids that Will Not Go to Team. How to Keep them in the Gym.	Frank Sahlein Level 1 Acorn Part 1	Marian Dykes Level 7/8 Floor [PJ]	Tom Meadows Stalder Endo	Randy Parrish Music and Movement	Tammy Biggs Tumbling on Beam and Floor
3:15 – 4:15	Enrique Trabanino Training Cycles – Plan Your Season	Alison Arnold The Gym Whisperer:	Frank Sahlein Level 1 Acorn Part 2	Pat Panichas Level 9/10 Bars [PJ]	Tom Meadows Ring Swing / Giants	Linda Thorberg Parent & Child Class – What do you say? What Can They Do?	Tammy Biggs How to Get Good Leaps.
4:30 – 5:30	Tony Retrosi Combination Tumbling	Alison Arnold Dealing With Difficult People	Frank Sahlein Level 1 Acorn Part 3	Marian Dykes Beam Connections	Tom Meadows Circles on PH		



Auction to Benefit Children's Miracle Network!
Saturday – August 1st
Commonwealth IV
5:30 – 7:30 PM

Sunday – August 2, 2009

	Coaching	Coaching	Women's Officials	Recreational	
	CHARLES RIVER Theatre 150	SALON C Theatre 45	SALON D Theatre 120	COMMONWEALTH IV Theatre 100	Exxcel Gymnastics
9:00 – 10:00	Nicole Langevin Simple C's; D's and E's	Enrique Trabanino Building an Elite Program	Expectations at Easterns and JO Nationals Round Table	Tony Retrosi Spotting for Recreational Teachers	Mihai Brestyan Tumble Like an Olympian.
10:15 – 11:15	Tony Retrosi Uneven Bars A - Z	Lois Colburn NCAA Judging	Cail Caspare Cindy Sielski Potpourri - 2	Linda Thorberg Behaviors – How to Teach Children with Different Temperaments and Learning Styles.	Ivan Ivanoff Bridging the Gap Between Compulsory and Optional Tumbling
11:30 – 12:30	Enrique Trabanino Developing Releases	Kathy Ostberg Prep Optional Let's Get on The Same Page	Marian Dykes Level 9/10 Beam [PJ]	Tony Retrosi Tumbling Basics for Recreational Classes	
1:00 – 5:00	H.O.T. Course	Massachusetts High School Judging Course			



**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**

