

USA Gymnastics
REGION 5 CONGRESS
Friday, June 27 | 2025 USA Gymnastics Region 5 Congress

	Kojo Kamau A	Kojo Kamau B	Kojo Kamau C	Aminah Ballroom	Gina Knee	Ema Spencer
8:30-9:30 am		Stacie Fletcher & Ali Havel How to Help Your Athletes Overcome Fear and Mental Blocks	Women's Development Program Update	Ali Stoffels Conditioning Can be FUN!	Ashely Lebeau All Things Parent & Tot	Christie Copeland From Chaos to Clarity: Creating Your Annual Marketing Strategy
9:45-10:45 am	Sarah Wick Discover How Nutrition Can Aid In Injury Prevention	Enrique Trabanino Uneven Bars Road Map: Part 1	Women's Xcel Program Update	Ali Stoffels 5-Minute Time Fillers	Reece O'Hara The Why and the How of Ninja	Lindsey Stancil Best Business Practices
10:45-11:15 am	Break (Visit Exhibit Hall)					
11:15 am-12:15 pm	Sue Kane & Jane Caruso Xcel Angels and Idiosyncracies	Enrique Trabnnino Uneven Bars Road Map: Part 2	Michael Genco PT Use of Force Plates in Rehab and Pre-Season Baseline Testing in Gymnastics	Hands-on Spotting Recreational Skills	Jen Evans Preschool Themes: Learn to Love Them!	Ken Harris Taking Advantage of Social Media: Why? How? And What if?
12:15-1:45 pm	Lunchtime Learning (1:00-1:30) Becky Cox Posture and Precision	Ohio Open Meeting 12:30-1:30	Illinois Open Meeting 12:30-1:30			
1:45-2:45 pm	Kathleen Edwards & James Wickham Unveven Bars: Body Position & Precision	Michael Genco PT Use of Gymnastic-Specific Return to Play Programs After Injury	Lindsey Stancil Progressing Backward Beam Dismounts Safely & Independently	Hands-on Spotting UB: Kips FX: Front & Back Handsprings BB: Basic Acro Skills	Michelle Kocan Vault: Is the Run Even Important?	Christie Copeland The Future is Now: AI & Tech Tools Every Business Should Use
3:00-4:00 pm	Sue Kane & Jane Caruso Deciphering Up to the Level Composition: Level 8-10 Floor Exercise Acro and Dance	Geoffrey Neely Send Me Your New Coaches: 30 Drills for Beginner Floor Exercise in an Hour	Lindsey Stancil Prep before the Prep: Creating Physical Abilities and Beyond!	Hands-on Spotting UB: Clear Hips FX: Roundoff, BHS, BHS Front Tucks, Front Tumbling Passes	Ali Stoffels Building Character on Beam & Beyond	Ken Harris The Rs of Maximizing your Square Footage
4:15-5:15 pm	Heather Forbes Judging Artistry	Stacie Fletcher & Ali Havel How to Help Your Gymnasts Actually Think Positively	Lindsey Stancil Compulsory to Optional: How the Basics Transform	Claudia Kretschmer & Nancy Gibson Judge It, Drill It, Fix It! Beam and Floor Connections	Ashely Lebeau Class Management Through Connection	Jennfer Evans What Do We Measure and Why Does it Matter
6:00-8:30 pm				Xcel Boot Camp Michelle Kocan, Geoffry Neeley, Jenuae Norwood		

For complete schedule and session summaries, please visit usagymrc.com/region5



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Saturday, June 28 | 2025 USA Gymnastics Region 5 Congress

	Kojo Kamau A	Kojo Kamau B	Kojo Kamau C	Aminah Ballroom	Gina Knee	Ema Spencer	Milton Caniff
7:45-8:25 am				Morning Stretch			Ali Stoffels Rec & Preschool Leaders Summit 8:30-12:15
8:30-9:30 am	Sue Kane & Jane Caruso Sticking the Landing: From Smooth Touchdowns to Crash Landings	Stacie Fletcher & Ali Havel Give Your Gymnasts the Mental Performance Foundational Tools they Need to Succeed	Tom Bair & Lindsey Stancil No Table? No Problem! Vault Drills and Side Stations	Claudia Kretschmer Leaps, Jumps & Turns: From Beginner to Advanced	Jen Evans Warm Up, Games, and Other Preschool Fun	Katherine Thomas Leveling Up: Bringing Professional Development into Your Gym	
9:45-10:45 am	Sue Kane & Jane Caruso What is Your Judging Process? From Start to Finish	Lindsey Stancil Pre-Team Development Culture: Handstands to Happiness	Dave Marus Yurchenko Development to the 1.5 Twist	Windee Weiss Compulsory Beam Review Levels 3-5	Danny Wohlsclaeger The Undeniable Coach: Principles for Impact, Retention, and Lifelong Influence	Jen Evans Hire, Develop, Retain, REPEAT	
10:45-11:15 am	Break (Visit Exhibit Hall)						
11:15 am-12:15 pm	Jane Caruso Xcel Mysteries & Uh Ohs	Gina Pongetti Flexibility and Movement: The Science Behind the Magic!	Mike Hunger Trampolines and More: Developing Air Sense in your Athletes	Hands-on Spotting UB: Flyaways BB: Acro Connections FX: Aerials, Standing Back Tucks, Front Tucks	Jen Evans Formatting Fun into your Preschool Program	Jeff Metzger No Org Strategy? Say Hello to Urgencies, Emergencies and 50 Hour Work Weeks	
12:15-1:45 pm	Lunchtime Learning (1:00-1:30) Debra Campbell NCAA Update	Lunch					
1:45-2:45 pm	Sue Kane & Jane Caruso It's Not in the Code of Points!!	Lindsey Stancil Pak Progressions for Everyone: How to Start Them Early Without Starting TOO Early!	Claudia Kretschmer & Beth Gardner Avoid the Backwards Block: Drills to Develop Mind and Body	Hands-on Spotting UB: Low Bar Giants FX: Roundoff, Back Handspring, Back Tuck & Beyond	Rhonda Zaluckyj Excellence. Every Student. Everytime.	Jeff Metzger Great Operators Think Differently: Winning the Inner Game of Leadership	
3:00-4:00 pm	Windee Weiss Practice Judging Levels 3 & 4: What's your Score?	Gina Pongetti Core Strength: Abs, Ideas, Stability, Positioning	Mike Hunger Better Tumbling Takeoffs and Flipping Mechanics	Hands-on Spotting UB: Overshoots VT: Yurchenko Training BB: Dismounts	Beth Gardner Skill Deconstruction & Lesson Planning	Shelba Waldron Navigating Parent Relationships: Building Trust and Addressing Concerns	
4:15-5:15 pm	Sue Kane & Windee Weiss Balance Beam: Can I Get a Connection?	Lindsey Stancil Communication & Culture: How Do I Get Them to Stop Rolling their Eyes?	Dave Marus Simple Methods for Bar Transitions	Michelle Kocan Games, Games, Games! For Classes and Team!	Beth Gardner So, You're Teaching Recreational Boys: A Survival Guide	Shelba Waldron Raising the Bar Without Crossing the Line: Understanding High Standards vs. Harmful Coaching Practices	
5:30-7:30 pm	Judges Testing	Judges Testing				Judges Testing	



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Sunday, June 29 | 2025 USA Gymnastics Region 5 Congress

	Kojo Kamau A	Kojo Kamau C	Aminah Ballroom	Gina Knee	Ema Spencer	Roman Johnson
8:30-9:30 am	Debbie Campbell Meet Referee Duties and Judging Professionalism	Mike Hunger Coaching High-Level Athletes in Today's Environment	Windee Weiss Let's Get Started with Choreography!	Beth Gardner Motor Programming and Development	Shelba Waldron From Awareness to Action: Best Practices for Reducing Risk and Strengthening Gymnastics Clubs	
9:45-10:45 am	Windee Weiss Level 6/7 FX & BB: Separating the Excellent from Good: More than Requirements	Mike Hunger Advanced Vault: Generating Power	Claudia Kretschmer Beam Complex	Casey Campbell Stations that are Visually Exciting to your Students AND your Parents	Tony Clarno 10 Steps to Finding and Hiring New Coaches!	Shelba Waldron Proactive Planning: Enhancing Communication for Unexpected Challenges 9:45-12:00
11:00 am-12:00 pm	Kathleen Edwards & Heather Forbes Inquiry, Video Review: What is the process for Dev & Xcel?	Geoffrey Neely Send Me Your New Coaches: 30 Drills for Beginner Uneven Bars in an Hour	Windee Weiss Compulsory Floor: Let's Get Back to TEXT	Beth Gardner Special People in Our Gyms: Opening the Doors to Special Needs	Tony Clarno Wow your Clients/Parents with Great Kid Rewards!	
12:30-5:30 pm				R301 Brain & Body: Beyond Basics		

Scan the QR code to fill out our survey! Your feedback is appreciated!

