

# 2018 Illinois State Congress Tentative Schedule

	Events	Room	Room	Events	Room
9:00 AM	<b>Basic CO Bars</b> Don Houlton - IGI	<b>Xcel</b> Nancy Gibson	<b>College Recriuting</b> Christina Comforte	<b>TBA</b>	<b>Staff Development Train Staff for Success</b> Tony Whitaker - Gym Stars ETC
10:00 AM	<b>In Bar Skills</b> Jason Enke - Premier West	<b>Xcel</b> Nancy Gibson	<b>Lower Back Injury Prevention</b> Illinois Bone & Joint	<b>Recreational Vault</b>	<b>TBA</b>
11:00 AM	<b>Tumbling Basic &amp; Up</b> Don Holton - IGI	<b>Xcel</b> Nancy Gibson	<b>Hip Flexor Flexibility/Shoulder</b> Illinois Bone & Joint	<b>Beam Complex</b> Katherine Musso - IGI	<b>Theme Weeks/ Class Structure</b> Marilyn Anderson - Aerial & Itasca P.D.
12:00 PM	<b>Lunch - Norbert Bendixen - JO Update</b>				
1:30 PM	<b>Proper Develop of Tsuck / Yurchenko</b> Mike Hausner - BIG	<b>Xcel</b> Nancy Gibson	<b>Internet Marketing</b> Mary Joe Roehrig	<b>Beam Drills / Tumbling</b> Jessica Morreale - Energym Patrice McPherson - Aerial	<b>How to keep PS'ers Engaged</b> Marilyn Anderson - Aerial & Itasca P.D.
2:30 PM	<b>TOPS</b> Jake - GAR	<b>New Level 7 Vault &amp; Deductions</b> Linda McDonald	<b>External and Community Marketing</b> Mary Joe Roehrig	<b>Leaps / Jumps / Turns</b>	<b>BB/FX Rec / How it pertains to CO</b> Judy Redmond
3:30 PM	<b>Big Bar Release</b> Marco Bravo - Phenom	<b>Composition - Beam</b> Sue Brosnan	<b>TBA</b>	<b>Recreational Floor</b> Tony Whitaker - Gym Stars ETC	<b>TBA</b>
4:30 PM	<b>Level 7/8 Floor - 2 vs. 3 Passes</b> Shane Sanders - Aerial	<b>Composition UB / FX</b> Linda Mc Donald	<b>Special Events Ancillary Income</b> Chris Denk - Flying High	<b>Recreational Beam</b>	<b>Be a Skill Detective "coach the cause not the problem"</b> Tony Whitaker - Gym Stars ETC