



CHEER & DANCE

Louisville, KY 2018

Thursday	Pre- Event Registration	7:00 PM - 9:00 PM	Olmsted Ballroom Prefunction
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Friday	Registration	8:00 AM - 11:00 AM	Olmsted Ballroom Prefunction
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9:00 AM - 11:00 AM		SPEAKER	ROOM # / NAME
<i>All</i>	Positive Coaching Alliance	USASF	Olmsted Ballroom 4

Lunch On Your Own			
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Session 1 12:00 - 12:45 PM		SPEAKER	ROOM # / NAME
	Opening Session	All	4 Olmsted Ballroom 4

Session 2 1:00 - 2:30 PM		SPEAKER	ROOM # / NAME
<i>All</i>	Varsity All Star Scoring System	Stephanie Ammirati-Harrold	4 Olmsted Ballroom 4

Session 3 2:40 - 3:30 PM		SPEAKER	ROOM # / NAME
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<i>Skills: Stunts</i>	Stretching Out Your Season and Warming Up For Success	Eric Gibson	1 Olmsted Ballroom 1
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<i>Skills: Tumbling</i>	Mastering the Back handspring: Progressions for the Future	Corey Rickett	2 Olmsted Ballroom 2
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<i>Skills: Other</i>	Flexibility - The Correct Way	Debbie Love	3 Olmsted Ballroom 3
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<i>Gym Owner</i>	Program Summary Analysis	Sean Timmons & Stacy Rowe	4 Olmsted Ballroom 4
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<i>Business</i>	Customer Experience and Retention	Tanya Roesel	5 Olmsted Ballroom 5
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<i>Coach</i>	Creating A Following Within Your Gym	Jason Larkins	6 Olmsted Ballroom 6
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<i>All</i>	Business Technology: Time to Automate	Amilia	7 Olmsted Ballroom 7
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Session 4 3:40 - 4:30 PM		SPEAKER	ROOM # / NAME
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<i>Skills: Stunts</i>	Dismounts: Ending on A Positive Note	Eric Gibson	1 Olmsted Ballroom 1
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<i>Skills: Tumbling</i>	Basic Drills: Levels 1 & 2	Robbie Gregory	2 Olmsted Ballroom 2
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<i>Skills: Other</i>	Jump Drills: Speed and Snap	Stephanie Brodbeck	3 Olmsted Ballroom 3
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<i>Gym Owner</i>	Dealing With Talented Terrors: Athletes and Staff	Sally Green	4 Olmsted Ballroom 4
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<i>Business</i>	Building Mental Toughness in your Athletes	Liz Gigante - Ulrich	5 Olmsted Ballroom 5
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<i>Coach</i>	Tumbling Psychology	Debbie Love	6 Olmsted Ballroom 6
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<i>All</i>	All Star Cheer: A to Z	Lee Grobstein	7 Olmsted Ballroom 7
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Session 5 4:40 - 5:45 PM		SPEAKER	ROOM # / NAME
	USASF Town Hall Meeting	Karen Wilson & Glenda Broderick	4 Olmsted Ballroom 4

Reception	7:00 - 9:30 PM	Sports and Social Club: 4th Street Live	
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Saturday **Gym Owners Breakfast** **8:00 AM - 9:30 AM** **Olmsted Ballroom 4**

Session 6	8:30 - 9:25 AM	SPEAKER	ROOM # / NAME
<i>Skills: Stunts</i>	Establishing Biomechanically Efficient Fundamentals	Eric Gibson	1 Olmsted Ballroom 1
<i>Skills: Tumbling</i>	Girl Power: Spotting Tips for Female Coaches	Corey Rickett	2 Olmsted Ballroom 2
<i>Skills: Other</i>	Power Barre	Power Barre	3 Olmsted Ballroom 3
<i>Gym Owner</i>	Gym Owners Breakfast	180Pro	4 Olmsted Ballroom 4
<i>Coach</i>	Developing Your Coaching Leadership	Les Stella	5 Olmsted Ballroom 5
<i>All</i>	Structuring Your Routine	Lee Grobstein	6 Olmsted Ballroom 6
Session 7	9:35 - 10:30 AM	SPEAKER	ROOM # / NAME
<i>Skills: Stunts</i>	How the Body Rotates in a Stunt: Coaches Will Totally Flip Out!	Eric Gibson	1 Olmsted Ballroom 1
<i>Skills: Tumbling</i>	The Twist - Progressions & Drills to Achieve the Skill	Robbie Gregory	2 Olmsted Ballroom 2
<i>Skills: Other</i>	Jump Drills: Speed & Snap	Stephanie Brodbeck	3 Olmsted Ballroom 3
<i>Gym Owner</i>	All Star Cheer: A to Z	Lee Grobstein	4 Olmsted Ballroom 4
<i>Business</i>	Gym Management Strategies	Liz Gigante - Ulrich	5 Olmsted Ballroom 5
<i>Coach</i>	Stunt Choreography: How to Get the Most out of Your Sequence	Matt Goto	6 Olmsted Ballroom 6
<i>All</i>	Coaching the Mental Side of Cheerleading	Debbie Love	7 Olmsted Ballroom 7
Session 8	10:40 - 11:30	SPEAKER	ROOM # / NAME
<i>Skills: Stunts</i>	Inversions - All Skill Levels	Corey Rickett	1 Olmsted Ballroom 1
<i>Skills: Tumbling</i>	Correct Conditioning for Achieving Tumbling Skills	Debbie Love	2 Olmsted Ballroom 2
<i>Skills: Other</i>	Jump Drills: Height and Hyper Extension	Stephanie Brodbeck	3 Olmsted Ballroom 3
<i>Gym Owner</i>	Marketing Your Business - Part 1	Tanya Roesel	4 Olmsted Ballroom 4
<i>Business</i>	Losing the Competition Without Losing the Athlete	Jason Larkins	5 Olmsted Ballroom 5
<i>Coach</i>	Setting and Attaining Goals	Les Stella	6 Olmsted Ballroom 6
<i>Director</i>	All Star Director 103	Sean Timmons	7 Olmsted Ballroom 7

Lunch **11:45 AM - 1:00 PM** **Olmsted Ballroom 4**

Session 9	1:00 - 1:50 PM	SPEAKER	ROOM # / NAME
<i>Skills: Stunts</i>	Working Through Problem Skills	Corey Rickett	1 Olmsted Ballroom 1
<i>Skills: Tumbling</i>	Advanced Drills: Levels 3 & Level 4 Basics	Robbie Gregory	2 Olmsted Ballroom 2
<i>Skills: Other</i>	Flyer Body Positions: Safe and Effective Stretching	Stephanie Brodbeck	3 Olmsted Ballroom 3
<i>Gym Owner</i>	5 Things all Championship Teams Need to Know	Lark Wood	4 Olmsted Ballroom 4
<i>Business</i>	Marketing Your Business - Part 2	Tanya Roesel	5 Olmsted Ballroom 5
<i>Coach</i>	Planning Practices for Maximum Results	Jason Larkins	6 Olmsted Ballroom 6
<i>USASF</i>	CheerAbilities & DanceAbilities	Glenda Broderick, SE RD	7 Olmsted Ballroom 7
Session 10	2:00 - 2:50 PM	SPEAKER	ROOM # / NAME
<i>Skills: Stunts</i>	Dismounts: Ending on A Positive Note	Eric Gibson	1 Olmsted Ballroom 1
<i>Skills: Tumbling</i>	Elite Drills: Level 4 Elite & Level 5	Robbie Gregory	2 Olmsted Ballroom 2
<i>Skills: Other</i>	Jump Drills: Height and Hyperextension	Stephanie Brodbeck	3 Olmsted Ballroom 3
<i>Gym Owner</i>	Management Leadership Part 1	Stacy Rowe	4 Olmsted Ballroom 4
<i>Business</i>	Real Business Practices	Liz Gigante - Ulrich	5 Olmsted Ballroom 5
<i>Coach</i>	Creative Choreography to Hit the Score Sheet	Matt Goto	6 Olmsted Ballroom 6
<i>USASF</i>	Diversifying All Star; Fundamentals of Novice, Prep & Elite	Glenda Broderick, SE RD	7 Olmsted Ballroom 7
Session 11	3:00 - 3:50 PM	SPEAKER	ROOM # / NAME
<i>Skills: Stunts</i>	Baskets 101	Debbie Love	1 Olmsted Ballroom 1
<i>Skills: Tumbling</i>	Speed, Power & Aggression: Unlocking the Secret to Great Running Tumbling	Corey Rickett	2 Olmsted Ballroom 2
<i>Skills: Other</i>	Team Placement: Structuring Your Teams to Max Out your Routine	Lee Grobstein	3 Olmsted Ballroom 3
<i>Gym Owner</i>	Management Leadership Part 2	Stacy Rowe	4 Olmsted Ballroom 4
<i>Business</i>	The WHY and Purpose Behind What We Do	Liz Gigante - Ulrich	5 Olmsted Ballroom 5
<i>Coach</i>	Planning Practices for Maximum Results	Jason Larkins	6 Olmsted Ballroom 6
<i>USASF</i>	Q & A With Your Regional Director	Glenda Broderick, SE RD	7 Olmsted Ballroom 7
Session 12	4:00 - 4:50 PM	SPEAKER	ROOM # / NAME
<i>All</i>	Closing Session	All	4 Olmsted Ballroom 4

****This Schedule is Subject to Change**

Updated: 6/6/2018