



CHEER & DANCE

Providence, RI 2018

Thursday	Pre- Event Registration	7:00 PM - 9:00 PM	Narragansett Prefunction
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Friday	Registration	8:00 AM - 11:00 AM	Narragansett Prefunction
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9:00 AM - 11:00 AM		SPEAKER	ROOM # / NAME	
<i>All</i>	Positive Coaching Alliance	USASF	1 & 2	Narragansett B/C
Lunch On Your Own				
Session 1 12:00 - 12:45 PM		SPEAKER	ROOM # / NAME	
	Opening Session	All	1 & 2	Narragansett B/C
Session 2 1:00 - 2:30 PM		SPEAKER	ROOM # / NAME	
<i>All</i>	Varsity All Star Scoring System	Stephanie Ammirati-Harrod	1 & 2	Narragansett B/C
Session 3 2:40 - 3:30 PM		SPEAKER	ROOM # / NAME	
<i>Skills: Stunts</i>	Next Level Stunting: Innovative Concepts to Enhance Your Stunting	Kenny Feeley	1	Narragansett B
<i>Skills: Tumbling</i>	Mastering the Backhandspring: Progressions for the Future	Corey Rickett	2	Narragansett C
<i>Skills: Other</i>	5 Things all Championship Teams Need to Know	Lark Wood	3	Bristol & Kent
<i>Gym Owner</i>	Program Summary Analysis	Sean Timmons & Stacy Rowe	4	Newport & Washington
<i>Business</i>	Customer Experience and Retention	Tanya Roesel	5	Waterplace 1
<i>Coach</i>	BOUNCE: Mastering Challenges with Decisive Action & Confidence	Lisa Aucoin	6	Waterplace 2
Session 4 3:40 - 4:30 PM		SPEAKER	ROOM # / NAME	
<i>Skills: Stunts</i>	Don't Make Excuses, Make Improvements: Impactful Stunting Solutions	Kenny Feeley	1	Narragansett B
<i>Skills: Tumbling</i>	Mental Block Lab: Demonstration	Dr. Russell Kennedy	2	Narragansett C
<i>Skills: Other</i>	Jump Drills: Speed and Snap	Stephanie Brodbeck	3	Bristol & Kent
<i>Gym Owner</i>	Preschool Programs	Sally Green	4	Newport & Washington
<i>Business</i>	Keeping Your Brand Strong in a Competitive Environment	Kellie Elliott	5	Waterplace 1
<i>Coach</i>	Building Mental Toughness in your Athletes	Liz Gigante - Ulrich	6	Waterplace 2
Session 5 4:40 - 5:45 PM		SPEAKER	ROOM # / NAME	
<i>All</i>	USASF Town Hall Meeting	Karen Wilson & Robin Galik	1 & 2	Narragansett B/C

Reception	7:00 - 9:30 PM	Stout RI
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Saturday		Gym Owners Breakfast	8:00 AM	South County
Session 6	8:30 - 9:25 AM		SPEAKER	ROOM # / NAME
<i>Skills: Stunts</i>	Working Through Problem Skills		Corey Rickett	1 Narragansett B
<i>Skills: Tumbling</i>	The Yips of Cheer: Working with Athletes with Mental Blocks		Dr. Russell Kennedy	2 Narragansett C
<i>Skills: Other</i>	Jump Technique: Hitting Your Drivers		Stephanie Brodbeck	3 Bristol & Kent
<i>Advisor</i>	Wearing Many Hats		Kellie Elliott	4 Newport & Washington
<i>Coach</i>	Leadership in a Culture of Change		Karen Lew	5 Waterplace 1
<i>Gym Owner</i>	Gym Owners Breakfast Continued		180Pro	8 South County
Session 7	9:35 - 10:30 AM		SPEAKER	ROOM # / NAME
<i>Skills: Stunts</i>	Level 1 & 2: Pushing the Envelope. Getting Creative with the Rules		Kenny Feeley & Dana Fielding	1 Narragansett B
<i>Skills: Tumbling</i>	Motivation and Incentives		Dr. Russell Kennedy	2 Narragansett C
<i>Skills: Other</i>	Creative Choreography to Hit the Score Sheet		Matt Goto	3 Bristol & Kent
<i>Gym Owner</i>	Cultivating Culture		Kellie Elliott	4 Newport & Washington
<i>Business</i>	Real Business Practices		Liz Gigante - Ulrich	5 Waterplace 1
<i>Coach</i>	Safety 101: Creating a Safe Environment		Karen Lew	6 Waterplace 2
<i>All</i>	Summit, D2 Summit, and US Finals – Info to Know		Varsity Employees	7 Waterplace 3
Session 8	10:40 - 11:35		SPEAKER	ROOM # / NAME
<i>Skills: Stunts</i>	Level 3, 4 & 5: Pushing the Envelope. Getting Creative with the Rules		Kenny Feeley & Dana Fielding	1 Narragansett B
<i>Skills: Tumbling</i>	Girl Power: Spotting Tips for Female Coaches		Corey Rickett	2 Narragansett C
<i>Skills: Other</i>	Resilience Not Perfection: Introduction to Sports Psychology		Dr. Russell Kennedy	3 Bristol & Kent
<i>Gym Owner</i>	Gym Management Strategies		Liz Gigante - Ulrich	4 Newport & Washington
<i>Business</i>	Marketing Your Business - Part 1		Tanya Roesel	5 Waterplace 1
<i>Coach</i>	All Star Director 103		Sean Timmons	6 Waterplace 2
<i>All</i>	Rountable Discussions - How Can Varsity Help You?		Varsity Employees	7 Waterplace 3
Lunch			11:45 AM - 1:00 PM	Narragansett B/C
Session 9	1:00 - 1:50 PM		SPEAKER	ROOM # / NAME
<i>Skills: Stunts</i>	Elite Skills Levels 1 & 2: Break it Down to Build it Up		Kenny Feeley	1 Narragansett B
<i>Skills: Tumbling</i>	The Yips of Cheer: Working with Athletes with Mental Blocks		Dr. Russell Kennedy	2 Narragansett C
<i>Skills: Other</i>	Flyer Body Positions: Safe and Effective Stretching		Stephanie Brodbeck	3 Bristol & Kent
<i>Gym Owner</i>	The WHY and Purpose Behind What We Do		Liz Gigante - Ulrich	4 Newport & Washington
<i>Business</i>	Marketing Your Business - Part 2		Tanya Roesel	5 Waterplace 1
<i>Coach</i>	Utilizing Gym Space for Multiple Classes at Once		Sean Timmons	6 Waterplace 2
<i>USASF</i>	Q & A With Your Regional Director		Robin Galik, NE RD	7 Waterplace 3
Session 10	2:00 - 2:50 PM		SPEAKER	ROOM # / NAME
<i>Skills: Stunts</i>	Elite Skills Levels 3, 4 & 5: Break it Down to Build it Up		Kenny Feeley	1 Narragansett B
<i>Skills: Tumbling</i>	Flips and Twists: Learning the Mechanics		Corey Rickett	2 Narragansett C
<i>Skills: Other</i>	Power Barre		Power Barre	3 Bristol & Kent
<i>Gym Owner</i>	Dealing With Talented Terrors: Athletes and Staff		Sally Green	4 Newport & Washington
<i>Business</i>	Growing Your Brand		Sean Timmons & Stacy Rowe	5 Waterplace 1
<i>Coach</i>	The Formation of Your Routine		Matt Goto	6 Waterplace 2
<i>USASF</i>	Diversify your Offerings: How to Utilize FUNDamentals		Robin Galik, NE RD	7 Waterplace 3
Session 11	3:00 - 3:50 PM		SPEAKER	ROOM # / NAME
<i>Skills: Stunts</i>	Turn Your World Upsidedown: Inversions for the Masses, Levels 1 - 5		Kenny Feeley	1 Narragansett B
<i>Skills: Tumbling</i>	Speed, Power & Aggression: Unlocking the Secret to Great Running Tumbling		Corey Rickett	2 Narragansett C
<i>Skills: Other</i>	Jump Drills: Height and Hyperextension		Stephanie Brodbeck	3 Bristol & Kent
<i>Gym Owner</i>	Management Leadership		Stacy Rowe	4 Newport & Washington
<i>Business</i>	Making M.A.G.I.C. Happen: Build a Season Your Athletes will LOVE		Lisa Aucoin	5 Waterplace 1
<i>Coach</i>	Using Progressions to Build Successful Athletes		Kellie Elliott	6 Waterplace 2
<i>USASF</i>	Regional Director Meet & Greet		Robin Galik, NE RD	7 Waterplace 3
Session 12	4:00 - 4:50 PM		SPEAKER	ROOM # / NAME
<i>All</i>	Closing Session		All	1 & 2 Narragansett B/C

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

Updated: 6/6/2018