



# 2021 VARSITY DANCE NATIONAL COACHES CONFERENCE

## TUESDAY JUNE 22

- 12 PM** Welcome & Opening
- BREAK
- 12:15 PM** Back Together Now...Rebuilding and Growing  
Valerie Potsos
- BREAK
- 12:50 PM** Nurturing a Growth Mindset in Today's Dancers  
Chelsea Pierotti
- Muscular Endurance and Flexibility Training for Dancers  
April Hamner
- 1:30 PM** Live Q&A
- BREAK
- 2:00 PM** Functional Movement Assessment for Dance  
Anda Udris
- Building an Intentional Culture  
Amanda Gaines
- Street Dance Style and Development  
Bonita Saldana
- 2:45 PM** Live Q&A
- BREAK
- 3:10 PM** Coaching Through it all  
Tasha Hinex
- Stretch for Success  
Laila Hardman
- 3:45 PM** Live Q&A
- WRAP UP

## WEDNESDAY JUNE 23

- 12 PM** Guest Speaker  
Ron Kellum
- BREAK
- 12:45 PM** Dance Conditioning to Improve Your Team's Technique  
Rochelle Mapes
- Coach + Choreographer Cohesion  
Toya Ambrose/Jenny Eustice
- 1:30 PM** Live Q&A
- BREAK
- 2:00 PM** Elevating Your Program Culture Through Diversity and Inclusion  
Brittani McLauren
- All that Jazz  
Mariterese Altosino
- 2:45 PM** Live Q&A
- BREAK
- 3:10 PM** Work life balance: Master Juggler  
Karen Lew
- Building a Mentally Tough, Mindful Program  
Tara Yantis
- 3:45 PM** Live Q&A
- CONCLUSION

