



Virginia Coaches' Conference

July 14, 2023

Time	Rotunda AB	Rotunda C	Rotunda D	Albemarle
9:00-10:00AM	Conference Welcome and Keynote: Coaching Today's Athlete Krisler Bailey			Athlete Keynote: Being the LEADER in Cheerleader Megan Lawton
10:00-11:00AM	Stunt Technique for All Stunt Levels Bill Ahern	Planning Your Entire Season for New Coaches Sarah Bartlett	Tumbling Technique Drills Steve Wright	Drills and Games for Cheerleaders Anna Gahagan
11:00-12:00PM	Advanced and Elite Stunts Bill Ahern	Modeling Positive Behavior and Healthy Habits Krisler Bailey	Troubleshooting Common Stunt Mistakes Kirby Lynch	Prepping Athletes for College Tim Morgan
12:00-1:00PM	Lunch and Varsity Spirit Fashion Rally			
1:00-1:45PM	Creative Pyramid Transitions Bill Ahern	Maximizing Your Scoresheet Megan Lawton	Diversity and Inclusion Tootie Rivera	The Benefits of Athlete Wellness: A Guide to a Healthier You Krisler Bailey
2:00-3:00PM	VHSL Update and NFHS Rule Changes Kelley Haney Bill Ahern	Public Relations, Social Media and Community Megan Lawton	Maximizing Athlete Potential Kirby Lynch	Athlete Activity Anna Gahagan
3:00-4:00PM	10 Questions to Keep Your Program Safe Bill Ahern	DIY Choreography Sarah Bartlett	Everything Game Day Kirby Lynch	Athlete Roundtable Tim Morgan
4:00PM	Conference Close			

Thank you for joining us!!
Varsity University wishes you a safe and successful season!!