



# NC Coaches' Conference July 19, 2023

Time	Southern Crescent	Triad West	Triad Central	Triad East
<b>8:30-10:00</b>	Conference Welcome, NCHSAA Updates, and Keynote: Coaching Today's Athlete - Krisler Bailey			
<b>10:00-11:00</b>	Stunt Technique for All Stunt Levels - Bill Ahern	Injury Management - Amiee Barnette-Vatter	Maximizing Your Tumbling Potential - Nicole Rollins	College Tryout Process: Beginning to End - Harold Trammel
<b>11:00-12:00</b>	Maximizing Your Scoresheet Potential - Nicole Rollins	Modeling Positive Behavior and Healthy Habits - Krisler Bailey	Game Day Overview - Brandi Allen	Getting The Most From Your Athlete - Harold Trammel
<b>12:00-1:00</b>	Lunch and Varsity Spirit Fashion Rally in the Governor's Room All-State Performance			
<b>1:00-2:00</b>	Advanced and Elite Stunts - Bill Ahern	Wellness Roundtable: An Open Discussion for a Healthier You - Krisler Bailey	Productive Practices - Kaylee Smith	Mental Coaching and Motivation - Daniel Kearns-Pickett
<b>2:00-3:00</b>	Creative Pyramid Transitions - Bill Ahern	Coach Round-Table: Steve Wright, Brandi Allen, & Amanda Yencsko	Building Team Morale - Harold Trammel	
<b>3:00-4:00</b>	10 Questions for Athlete Safety Bill Ahern	UCA Nationals: Where to Begin - Brandi Allen	Stomp and Shake/Competitive Cheer: How to Succeed at Both - Daniel Kearns-Pickett	
<b>4:00</b>	Conference Close			

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