



# CHEER & DANCE

## Atlanta, GA 2018

### Athlete Track

Session 1	8:30 - 8:45 AM	SPEAKER	ROOM
<i>Athlete Track</i>	Welcome	Kyleigh Garrison & Lacey Melancon	Grand Ballroom E
Session 2	8:45 - 9:05 AM	SPEAKER	ROOM
<i>Skills: Flexibility</i>	Stretching Out Your Season for Success	Lacey Melancon	Grand Ballroom E
Session 3	9:10 - 10:00 AM	SPEAKER	ROOM
<i>Skills: Jumps</i>	Improving Your Jumps	Stephanie Brodbeck	Grand Ballroom E
Session 4	10:30 - 11:30	SPEAKER	ROOM
<i>Skills: Stunts</i>	Building a Solid Stunt Foundation	James Speed	Grand Ballroom E

Lunch

11:45 AM - 1:00 PM

Grand Ballroom A/B

Session 5	1:00 - 1:50 PM	SPEAKER	ROOM
<i>Skills: Tumbling</i>	Positional and Situational Awareness	Dr. Russell Kennedy	Grand Ballroom E
Session 6	2:00 - 2:50 PM	SPEAKER	ROOM
<i>Skills: Stunts</i>	What Does It Mean to Lead A Team	Stacy Rowe	Grand Ballroom E
Session 11	3:00 - 3:50 PM	SPEAKER	ROOM
<i>Skills: Leadership</i>	Stunt Work with Your Coach	James Speed	Grand Ballroom E
Session 12	4:00 - 4:50 PM	SPEAKER	ROOM
	Closing Session	All	Grand Ballroom A/B

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

**Updated: 6/6/2018**