



2019 Varsity Dance National Coaches Conference
Embassy Suites Hotel & Convention Center - St Charles, MO

THURSDAY, APRIL 11th	4:00 pm - 6:00 pm	5:00 pm - 7:00 pm	7:00 pm - 10:00 pm
Matson	Dance Judges Training - UDA	Augusta Registration	Library Welcome Social
Rocheport	Dance Judges Training - NDA		
FRIDAY, APRIL 12th	SESSION	SPEAKER	SESSION TYPE
REGISTRATION	8:00 am - 8:45 am		
Augusta			
WELCOME & OPENING	9:00 am - 9:30 am	Varsity University	
Windsor I			
SESSION ONE	9:50 am - 10:50 am		
Augusta	Improving/Innovative Leaps & Jumps	Erin Alvarado	Movement
Portland	Game Day Choreography: Tips & Tricks	Dawn Walters	Choreography
Matson	Sports Nutrition for Dancers	Morgan Schulte	Wellness
Rocheport	"Tidying Up" Your Coach Life: Work Smarter, Not Harder	Christina Leone	Coaching
SESSION TWO	11:10 am - 12:10 pm		
Portland	Hip Hop Skills	Jenny Durbin-Smith	Movement
Rocheport	Choreography Innovation: "Thinking Outside the Box"	Rachelle Kiehle	Choreography
Library	After Tryouts: Building a Team	Erin Alvarado	Coaching
Matson	Building Program Value with Administration	Angela Futato	Coaching
KEYNOTE			
LUNCHEON	12:10 pm - 1:30 pm	Melissa M. Johnson	
Windsor I			
SESSION THREE	1:40 pm - 2:40 pm		
Portland	Introduction to Power-Barre	Ingrid Caruso	Wellness
Matson	Veteran Coaches	Valerie Potsos	Coaching
Library	New Coaches	Jenny Matthews	Coaching
Rocheport	Building a Positive Team Culture	Julie Smith	Coaching
SESSION FOUR	3:00 pm - 4:00 pm		
Augusta	Pom: Fantastically Sharp Motions	Jenny Durbin-Smith	Movement
Portland	Core Conditioning	Cheryl Paquette	Wellness
Rocheport	UDA Nationals Roundtable	UDA Brand	
	NDA Nationals Roundtable	NDA Brand	
SESSION FIVE	4:20 pm - 5:20 pm		
Augusta	Scoresheets, Schmoresheets: What Do I Do With Them Now?	Christina Leone	Choreography
Windsor I	All About Music: Basic Music Editing and Helpful Tips for Competition	Angela Futato	Coaching
Matson	Building a Strong Feeder Program	Rachelle Kiehle	Coaching
EVENING RALLY	5:30 pm - 5:45 pm		



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SATURDAY, APRIL 13th	SESSION	SPEAKER	SESSION TYPE
<hr/>			
POWER-BARRE	8:00 am - 8:45 am	Ingrid Caruso	
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Windsor I			
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SESSION SIX	9:00 am - 10:00 am		
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Rocheport	Using Technology: Apps for Success	Dawn Walters	Coaching
Matson	Living in Fear of Dance Moms: How to Engage Parents Appropriately	Julie Smith	Coaching
Portland	Competition Through a Judges Eye	Cheryl Paquette	Coaching
Augusta	Effective Warm Up Strategies and Stretching	Morgan Schulte	Wellness
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SESSION SEVEN	10:20 am - 11:20 am		
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Augusta	Teaching Aerials	Jenny Durbin-Smith	Movement
Matson	How to Hold Your Dancers Accountable	Jenny Matthews	Coaching
Portland	Training and Teaching Generation Z	Valerie Potsos	Coaching
Rocheport	How to Develop your Leaders: Captains and Officers	Christina Leone	Coaching
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NETWORKING LUNCHEON	11:30 am - 1:00 pm		
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Windsor			
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SESSION EIGHT	1:20 pm - 2:20 pm		
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Rocheport	The Experience of a Lifetime: Planning your first Nationals Trip	Julie Smith	Coaching
Augusta	Incorporating All Levels of Dancers Into Your Routines	Dawn Walters	Choreography
Portland	All About Music: Basic Music Editing and Helpful Tips for Competition	Angela Futato	Coaching
Matson	Staying Current with Dance	Jenny Matthews	Coaching
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SESSION NINE	2:40 pm - 3:40 pm		
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Windsor II	Dancing for Longevity, Dancing Smarter, and Keeping the Passion	Valerie Potsos	Coaching
Augusta	Strength and Conditioning for Dancers: Strong Dancers = Strong Performances	Morgan Schulte	Wellness
Matson	Coachability: Finding the Right Fit for Your team	Rachelle Kiehle	Coaching
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CLOSING	4:00 pm - 4:30pm		
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Windsor I			