

* HANDS ON CLASS - BE READY TO ENGAGE					
# Masters Class /MASTER Class Requirements: (Must have appropriate badge to enter class) Min 5 years coaching experience AND Advanced a team to Nationals AND attended prior convention					
NEW COACH		Recommended Track, but NOT mandatory to follow this track		MASTERS ONLY	REQUIRES RED LANYARD
PW3/PW4		ALL CLASSES IN Sebastian		DANCE	
Registration at Sebastian Reception Desk					
Room	Fri			PROGRAM PAGES	STUNT GROUP
F1	Fri	5:00 - 5:40 pm	SIDELINE PERFORMANCE CHEER- What Makes A Spectacular Sideline Routine	Lauren	
F2	Fri	5:00 - 5:40 pm	Which way do I go??? Level 1 or Level 2...When it's time to move up	Lisa B	
F3	Fri	5:00 - 5:40 pm	FUNDRAISING IDEAS-Sponsored by DOUBLE GOOD POPCORN	Robin Coe	
F4	Fri	5:00 - 5:40 pm	*Sideline Dance Routines for Cheer and Dance Teams	Denzel/Bridgette	
G1	Fri	5:00 - 5:40 pm	*Dynamic Dances for your Cheer Routines	Jeremy/Justin	
G2	Sat	5:00 - 5:40 pm	*Choreography for small teams - How to utilize the entire floor!	Mike/Jillian	
H1	Fri	5:00 - 5:40 pm	TINY MITE: CORE / LTD1 / PW1 How do I Choose?	Jen	
H3	Fri	5:00 - 5:40 pm	*Beginning Tumbling: How to effective teach it	Rashad	
H4	Fri	5:00 - 5:40 pm	*The JUMP Foundation: Stretching to teaching the Basics	Taraya	
F1	Fri	5:45 - 6:30 pm	ACHIEVE - expanding our ALL INCLUSIVE division	Tamika	
F2	Fri	5:45 - 6:30 pm	Most Common Legalities / What the judges DON'T LIKE	Jen/Justin	
F3	Fri	5:45 - 6:30 pm	FUNDRAISING IDEAS-Sponsored by DOUBLE GOOD POPCORN	Robin Coe	
F4	Fri	5:45 - 6:30 pm	*Hip Hop - Types of Hip Hop and Technique	Denzel/Bridgette	
G1	Fri	5:45 - 6:30 pm	Cheer Glossary: What does it all Mean?	Lisa B	
G2	Fri	5:45 - 6:30 pm	*Mastering Drills before Skills - Proper Skills Progression	Mike/Jeremy	
H1	Fri	5:45 - 6:30 pm	*Magical Motions: Techniques for Success	Lauren	
H3	Fri	5:45 - 6:30 pm	SC1 Category Rules / Maximizing the Scoresheet	Jillian	
H4	Fri	5:45 - 6:30 pm	Blueprint to SUCCESS - Mapping out your Best Season Yet	Taraya / Rashad	
Registration at Sebastian Reception Desk					
Sat 7am til gone					
BREAKFAST LOBBY					
F1	Sat	8:30-9:20	All things CORE: Understanding the Division	Lisa B	
F2	Sat	8:30-9:20	Tumbling: Make it Creative/Make it Count: SC1/2	Rashad	JB2
F3	Sat	8:30-9:20	*Choreography 101: Just the Basics	Jeremy	JB3
F4	Sat	8:30-9:20	Dance Rules	Denzel/Bridgette	
G1	Sat	8:30-9:20	*The JUMP Foundation: Stretching to teaching the Basics	Taraya	JB4
G2	Sat	8:30-9:20	SC2 Category Rules / Maximize the scoresheet	Jen	N1
H1	Sat	8:30-9:20	*Magical Motions: Techniques for Success	Lauren	
H3	Sat	8:30-9:20	SC3 and SC4 Do you have what it takes?	Emilee/Justin	JB1
H4	Sat	8:30-9:20	# MASTERS: Elite Stunts with transitions	Mike/Jillian	N2
F1	Sat	9:25-10:15	Beautiful Baskets for beginners	Jeremy	N1
F2	Sat	9:25-10:15	SC3/SC4 Category Rules / Maximize the Scoresheet	Jen	JB1
F3	Sat	9:25-10:15	SETTING THE STANDARD - A Cohesive PROGRAM Makes a Difference	Lauren	
F4	Sat	9:25-10:15	Theme Dance - Choosing a THEME and FOLLOWING THRU	Denzel/Bridgette	
G1	Sat	9:25-10:15	*SC2 Partner Stunts and Load-ins Hands on	Rashad	JB4
G2	Sat	9:25-10:15	*SC1 Partner Stunts & Load-Ins - Hands on Building	Taraya	JB3 JB2
H1	Sat	9:25-10:15	SC1-SC2: When are YOU and your team ready to make the Move	Lisa B	
H3	Sat	9:25-10:15	You be the Judge SC1 Do you Score like the judges???	Emilee/Justin	
H4	Sat	9:25-10:15	# MASTERS Inversions, release moves and tosses	Mike/Jillian	N1
F1	Sat	10:20-11:10	Tumbling: Incorporating with maxium efficacy	Rashad	JB2
F2	Sat	10:20-11:10	Most Common Legalities / What the judges DON'T LIKE	Lisa B	
F3	Sat	10:20-11:10	*Practice makes Perfection: CLEAN IT UP!	Lauren	
F4	Sat	10:20-11:10	*Pom/Jazz - Basic Choreography	Denzel/Bridgette	
G1	Sat	10:20-11:10	SC1 Category Rules / Maximizing the Scoresheet	Kathy	N1
G2	Sat	10:20-11:10	SC2 Pyramid Pride with transitions	Jen	JB2 JB3

H1	Sat	10:20-11:10	*The JUMP Foundation: Stretching to teaching the Basics	Taraya		JB4
H3	Sat	10:20-11:10	*Formation & Transition: NEXT LEVEL (formations, level changes, CLEAN)	Justin/Emilee		
H4	Sat	10:20-11:10	Amazing Alternate Cradles/transitions	Jeremy		N2
F1	Sat	11:15-12:00	#Baskets and Release Moves: Take it Up a Notch	Jeremy		JB1
F2	Sat	11:15-12:00	Inversions, release moves, and tosses	Mike/Jillian		N1
F3	Sat	11:15-12:00	How to run the Most Effective Practice	Lauren		
F4	Sat	11:15-12:00	*Pom/Jazz - Basic Technique	Denzel/Bridgette		
G1	Sat	11:15-12:00	*Best Building Practices - Maximize Building Execution Scores	Lisa B		JB2
G2	Sat	11:15-12:00	*SC2 Partner Stunts and Load ins Hands On	Jen		JB3
H1	Sat	11:15-12:00	Your Hips don't lie-Twisting and Spinning for level 3 and up	Rashad		N2
H3	Sat	11:15-12:00	You be the Judge SC3/4	Justin/Emilee		
H4	Sat	11:15-12:00	Next Level Jumps: Mastering the Art and Technique	Taraya		JB4
	SAT	12 NOON	LUNCH ON YOUR OWN (with \$15 gift card)			
F1	Sat	1:30 - 2:15	# MASTERS: Creative Tumbling - A Step Beyond	Rashad		JB2
F2	Sat	1:30 - 2:15	SC3 and SC4 Pyramids - Lets get Creative	Mike/Jillian		N1 N2
F3	Sat	1:30 - 2:15	*Conditioning for Limited Level I and SC1 - Make it FUN	Lauren		JB4
F4	Sat	1:30 - 2:15	Hip Hop - Choreography	Denzel/Bridgette		
G1	Sat	1:30 - 2:15	SC2 Category Rules / Maximize the scoresheet	Lisa B		JB1
G2	Sat	1:30 - 2:15	*SC1 Partner Stunts & Load-Ins - Hands on Building	Jen		JB3
H1	Sat	1:30 - 2:15	*Show Cheer Dance: Making it Matter	Jeremy		
H3	Sat	1:30 - 2:15	You be the Judge SC1 Do you Score like the judges???	Emilee/Justin		
H4	Sat	1:30 - 2:15	From Practice to Podium: Dominating Competition Prep	Taraya		
F1	Sat	2:20 - 3:15	COMPLIANCE - Make your BOOK perfect	Tonya Gibbs		
F2	Sat	2:20 - 3:15	*Basic Choreography for Limited Level 1 (Jr Tiny Mite and Tiny Mite)	Jeremy		JB4
F3	Sat	2:20 - 3:15	SIDELINE PERFORMANCE CHEER- What Makes A Spectacular Sideline Routine	Lauren		
F4	Sat	2:20 - 3:15	Positive Coaching - Gain their respect	Denzel/Bridgette		
G1	Sat	2:20 - 3:15	*Tumbling Technique - Maximize those execution points	Lisa B		JB3
G2	Sat	2:20 - 3:15	SC3/4 Partner Stunts and Load Ins	Jen/Rashad		N1 N2
H1	Sat	2:20 - 3:15	SC2 Pyramid Pride with transitions	Mike/Jillian		JB1 JB2
H3	Sat	2:20 - 3:15	# MASTERS: Most Common Mistakes to Avoid	Emilee/Justin		
H4	Sat	2:20 - 3:15	You be the Judge SC2 Do you Score like the judges???	Taraya		
	SAT	3:15 til gone	AFTERNOON SNACK		Be respectful so all can enjoy	
F1	Sat	3:20 - 4:00	#Amazing Alternate Cradles/transitions - hands on/demo	Mike/Jillian		JB1
F2	Sat	3:20 - 4:00	ACDC Q&A	Kelly/Lisa M		
F3	Sat	3:20 - 4:00	General Cheer & Dance Rules - Understanding deductions	Lisa B		
F4	Sat	3:20 - 4:00	SC1 Pyramids - Keys to success	Jeremy		N1 N2
G1	Sat	3:20 - 4:00	*Making your Flyer Flexible	Lauren		JB3
G2	Sat	3:20 - 4:00	LIMITED PW1: Category Rules	Jen		JB4
H1	Sat	3:20 - 4:00	Creative Team Tumbling SC2	Rashad		JB2
H3	Sat	3:20 - 4:00	Conscious Coaching: The Art & Sciene of Coaching	Justin / Emilee		
H4	Sat	3:20 - 4:00	Team Talks and Motivating your Team	Taraya/Denzel		
	SAT	4:00 PM	COACHES AND JUDGE ROUNDTABLE		EVERYONE	
	Sun		BREAKFAST ON YOUR OWN			
F1	Sun	9 - 9:45 am	# MASTERS: What the Judges see....Is your routine all you think it is??	Justin/Jen		
F2	Sun	9 - 9:45 am	Association Coordinator Meeeting	Kelly/Lisa M		
F3	Sun	9 - 9:45 am	Game Day: How to Make Your Teams LOVE Game Day	LCDC/Beverly		
F4	Sun	9 - 9:45 am	*Sideline Dance for Cheerleaders - Learn 3 easy, clean sideline dances	Denzel/Bridgette		
G1	Sun	9 - 9:45 am	*Conditioning: A productive first two weeks!	Jillian		
G2	Sun	9 - 9:45 am	*Choreography 101: Basic DO's and Don'ts	Jeremy		
H1	Sun	9 - 9:45 am	From Practice to Podium: Dominating Competition Prep	Taraya		
H3	Sun	9 - 9:45 am	Coaching our Youngest Stars...Stay calm and keep them engaged	Lauren/Rashad		

H4	Sun	9 - 9:45 am	How to transition from SC2-SC3	Kathy/Lisa B		
F1	Sun	9:50 - 10:30 am	#Tumbling: Incorporating with maxium efficacy	Rashad		
F2	Sun	9:50 - 10:30 am	Most Common Legalities / What the judges DON'T LIKE	Jen/Justin		
F3	Sun	9:50 - 10:30 am	*Practice makes Perfection: CLEAN IT UP!	Lauren		
F4	Sun	9:50 - 10:30 am	Positive Coaching - Gain their respect	Denzel/Bridgette		
G1	Sun	9:50 - 10:30 am	LIMITED PW1: Category Rules	Kathy		
G2	Sun	9:50 - 10:30 am	Team Building: Avoiding Team Drama	Jillian		
H1	Sun	9:50 - 10:30 am	*Magical Motions: Techniques for Success	Taraya		
H3	Sun	9:50 - 10:30 am	MASCOT COMPETITION: Guide to make it fun and effective	Lisa B		
H4	Sun	9:50 - 10:30 am	Show Cheer Dance: Making it Matter	Jeremy		
			***Subject to Change***			