Establish your Key Performance Indicators for Future Success presented by 3rd Level Consulting
Frank Sahlein (Galleria 1)
Want to know how to establish your KPIs in the areas of management, marketing, staff, technology, finance, facilities, and risk? This session shows you how, and we will also examine some industry averages and norms in each area. You will leave with a tool for immediate improvement!

Making the Most of your 3600 seconds presented by CheerBandz Daniel Allen (Monterrey)
Need more substance to your recreational and team tumbling classes? Want to get your athletes working harder instead of standing in a line waiting on a spot? This class will challenge every gym owner, tumbling director and coach. Learn to utilize every second of every class. Use drills to train progression and make athlete development a part of your gym’s culture.

F.A.S.T. Track to Superior Stunting presented by Ross & Dollamura Kenny Feeley (Grand Atrium)
Through repetition & absolute perfection of key building skills, coaches will learn how to build a stronger, technical program. Whether your goal is to improve your squad’s technique, elevate the quality of your execution, or increase your overall standard of excellence F.A.S.T. is for you! Taught in 26 countries world-wide by Spring - F.A.S.T. will instill a level of confidence in your athletes and coaches unlike anything before!

The 7 Online Habits of Highly Effective Cheer Gyms presented by AllStarCheerSites.com Jason Silverman (Napa 1 & 2)
Why is it that some gyms seem to be everywhere online and look ultra professional every step of the way? Their websites attract new athletes and help them retain the ones they have, their social media platforms are full of raving fans who engage on a regular basis, and their mobile apps allow members and fans worldwide to connect with them. The tools are at YOUR fingertips!

The Whole Package: Performances That Have it All! Jessica Walz (Galleria 4)
Understanding how music, costuming, choreography and execution work together to create performances that impact audiences and judges. You’ve got to have all four to have it all!

ALL STAR CHEER 101
Angi Dunham (Renoir – located on the 2nd Floor)
This session is PERFECT for the new or novice coach. We will take an in-depth look at what is required to be successful in the all star cheer community. What needs to be done when, why it needs to be done and how you do it will be covered. Stay ahead of the power curve and stop feeling overwhelmed!

All Star Cheer 101 (Napa 1 & 2)
All Star Cheer 101 (Napa 3)
Required for Level 6 credentialing candidates
Open to all Attendees

Coaches Responsibility in Risk Management
Amy Clark (Napa 3)
Safety programming awareness, along with a philosophy of safety, is essential at ALL LEVELS. Not only is it essential, it is your legal duty! We will look at your role as a coach in creating an environment for safety.

SESSION 2: 10:30-11:20 am

Choreography Do’s & Don’t’s from a Judge’s Perspective presented by The Season Pass Devonne Hunt & Jeff Rivers
(Napa 1 & 2)

It’s choreography crunch time! Do you create a routine that is creative and memorable so that you stand out, or is your focus on maxing out? Let our World’s Judges give you some insights on what’s important to the people that will be scoring your routine. It’s the judge’s perspective that counts, so come hear what they have to say about creating a quality routine this season.

Developing Dynamic Leadership through Enhanced Communication Skills presented by 3rd Level Consulting
Frank Sablein (Galleria 1)

Effective leadership depends on your ability to communicate personally, interpersonally and in a team environment. We also need to communicate to our internal customers, as well as to our local area community. Run your own Dynamic Communications Workshop for your key staff back home with these tools.

Correction B4 Progression presented by CheerBandz
Daniel Allen (Monterrey)

This class was designed to make your life easier as a coach. We will clarify what skills should be mastered before progressing to higher levels. Wouldn’t it be nice if your athletes and parents understood why appropriate progression is critical? Wouldn’t you like it if your coaching methods weren’t questioned? Technique is half your score sheet...Don’t miss out on all of those points!

Following the “Process”- Get where you are going!
presented by Fierce Connection Lark Wood
(Galleria 2 & 3)

In the beginning of every season coaches and gym owners set up goals and a plan designed for success. Yet so many have this plan derailed along the way. We are going to talk about why that happens and how to avoid it. We want to help you buy in to your own strategies. We don’t want you to shoot for the moon to be amongst the stars, we want you to get to the moon!

Spinning & Twisting in Stunting Skills presented by Ross & Dollarmur Kenny Feeley (Grand Atrium)

Upgrade your experience! Why settle for just getting around when the perfect twist is so attainable! It is impossible to be successful in cheerleading today if your squad has difficulty with spinning and twisting. In this class coaches will learn drills, progressions and skills to link twisting elements between levels and stunts/tosses. Discover all of the small details that will make a big difference with your twisting skills & have your athletes asking you to let them twist/spin even more!

Advance the Dance: More Than Tricks and Power Moves Dance Directors (Galleria 4)

Learn to recognize the elements of difficulty for each genre (it might surprise you), and how to interpret the expectations of the score sheet.

SESSION 3: 11:30-12:45 pm

How to Build a Championship Program (Monterrey)
Misty Hodges, of Gym Tyme All Stars, an industry leader in All Star cheer is our featured speaker in this session. She will let the attendees in on the Gym Tyme philosophies on what “winning” means and how to best train “champions”. This extended class session allots extra time for attendees to “pick her brain” (bring your questions)!

DANCE RULES SESSION
Keeping it Black & White: Is that Legal?

Meredith Walker
(Galleria 4)

Dance Directors and Coaches you won’t want to miss this! The rules can be very intimidating and we want to help! We will discuss how to interpret the rules, tips and tricks to make them more user friendly and, if all else fails, who to ask for help.

FEATURED SPEAKER: MISTY HODGES

USASF MEMBERSHIP 2K14
Amy Clark (Renoir – located on the 2nd Floor)

Amy will cover it ALL when it comes to the new Athlete Membership program as well as covering Coach and Professional Membership. From Insurance to Rosters to Member Profiles …. You will get the complete rundown!

Level 6 Rules Review
(Napa 3)

This session offers a line-by-line review of the level 6 rules. Know what’s legal and what’s not. And if it is not legal – find out what makes it legal.

DANCE RULES SESSION
Keeping it Black & White: Is that Legal?

Meredith Walker
(Galleria 4)

Dance Directors and Coaches you won’t want to miss this! The rules can be very intimidating and we want to help! We will discuss how to interpret the rules, tips and tricks to make them more user friendly and, if all else fails, who to ask for help.
LUNCH BREAK: 12:45-2:00 pm

Get a JUMP START on meeting our EXHIBITORS!
EXHIBITOR HALL OPENS at 12:45 pm and will close at 3 pm. It will re-open from 5-6:30 pm and will be closed for a dinner break from 6:30 to 8:00 pm
It’s time to CONNECT with our sponsors, event producer partners and affiliate members. Visit their booths to see what they have to offer you and your All Star business. Grab some giveaways and learn some fun facts (for the trivia game prizes that will be given away at the cocktail party!)

Lunch (on your own) – Buffet Available in Hotel Restaurant (pre-purchase your ticket for faster service)

LUNCH & LEARN: All Star 101 (Albert Talley Room)
Are you new (or relatively new) to All Star? Do you wish someone would just steer you in the right direction? Well our All Star 101 Lunch & Learn is the course for you!
* Be sure to pre-purchase your buffet ticket. Buffet line available in Albert Talley Room.

LUNCH & LEARN: USASF Dance – Get Involved! (Albert Talley Room)
Meet your Regional Director and Dance Ambassador during a roundtable discussion about how you can be an active member of the USASF!
* Be sure to pre-purchase your buffet ticket. Buffet line available in Albert Talley Room.

SESSION 4: 2:00-2:50 pm

Varsity & the JAM Brands Unified Score Sheet presented by Varsity All Star Justin Carrier (Mendocino)
Varsity and the JAM Brands introduce their collaborative score sheet. Attend this session to gain insight into the unified scores sheet being rolled out for the 2014-2015 season.

Jumps like a Texan presented by Spirit Celebration Brett Hansen (Grand Atrium)
You know EXACTLY what we are talking about, right? Those teams from Texas can JUMP! Gain some insight from Spirit of Texas owner, Brett Hansen, on how they train their cheerleaders to soar.

Prima Technique for a Pom, Jazz & Hip Hop World Jessica Walz (Galleria 4)
How to incorporate the foundations of ballet for stronger, more technically sound dancers...even when they don’t want to take ballet! And even if you don’t have a ballet background!

Bonding Camps: Creating the Ties that Bind Glenda Broderick (Galleria 2 & 3)
So, you’ve put together the team with the best combination of available skills. It’s your job as a coach to turn them into a TEAM! This session will provide you with the tools to bring them together OFF the floor so you will have a much easier time bringing them together ON the floor.

Mind & Body: Sports Psychology Debbie Love (Napa 1-3)
Understanding the purpose of Sports Psychology is just the beginning. In this class we will discuss the reasons why you should have a structured sports psychology program and how to set it up on its own. This course will include several examples of ways to build your athlete’s self-confidence because a positive mindset is essential to good performance.

✪ 6 Level 6 Skills Training (Galleria 1)
An in depth instructional course covering the building skills permitted in Level 6. This course will be held across sessions 4-7. Required for all Level 6 credentialing candidates.

SESSION 5: 3:00-3:50 pm

The JAM Brands & Varsity Unified Score Sheet Q & A presented by The JAM Brands Jeremi Sanders (Mendocino)
The JAM Brands and Varsity All Star continue their session and open the floor for questions on their collaborative score sheet. Attend this session to gain insight into the unified scores sheet being rolled out for the 2014-2015 season.

Biomechanics of Basket Tosses Debbie Love (Napa 1-3) ✪ 6
Required for all Level 6 credentialing candidates – OPEN TO ALL ATTENDEES
Have you ever wanted your tosses to reach new heights? This class will take a theoretical approach to truly understanding tosses. Debbie will utilize the 7 Biomechanical Principals to breakdown the baring and flying components of baskets as well as the vertical jump. Course instruction also includes an evaluation of level 5 and 6 baskets with drills and technique.

Motivating Your Athletes Sean Timmons (Galleria 2 & 3)
Do you need to light a fire under your athletes? Are they lacking that “drive” or “passion”? Sit in and find out how successful coaches motivate their athletes.

Credentialing Review: Tumbling Skills Levels 1 & 2 Chad Greenhill (Terminal 5)
This class is for new and novice coaches. We will review the basic skills in levels 1 & 2 tumbling to help you prepare for the credentialing test (and to teach them in your gym).

Team Blueprint: How to Build Your Program Jessica Walz (Galleria 4)
How to get and grow dancers through apprenticeship programs, marketing, social media, community outreach and philanthropic efforts. Come and share!
Seamless Transitions – The ins & outs of Your Routine presented by GSSA & Aloha Spirit  
Sean Timmons  
(Mendocino)  
The difference between a GOOD and GREAT visual picture is your ability to transition – not just SMOOTHLY but SEAMLESSLY. Getting from here to there … without wasting one count of your choreography. Come learn from one of the best “seamstresses” in the all star community.

Biomechanics of Tumbling  
Debbie Love  
(Napa 1-3)  
This class will use the 7 Principles of Biomechanics and Newton’s Law of Motion to break down the components of tumbling. Videos will be used to critique technique and gain an understanding of how to better train our athletes to use their bodies efficiently thus producing better tumblers with fewer injuries across the board.

Commit to your Future: Tiny, Mini & Youth Cheer  
Misty Hodges  
(Galleria 2 & 3)  
Sure, your senior teams is your “premier team” …. The one EVERYONE aspires to be on, but can you keep them in your program long enough to get them there? Find out how consistency in the gym will develop your younger athletes, learn how to build loyalty to your program AND how to get your parents, athletes and coaches to see your vision.

Credentialing Review: Building Skills Levels 1 & 2  
Chad Greenhill  
(Grand Atrium)  
This class is for new and novice coaches. We will review the basic skills in levels 1 & 2 building to help you prepare for the credentialing test (and to teach them in your gym).

✪ 6 Level 6 Skills Training  
(Galleria 1)  
An in depth instructional course covering the building skills permitted in Level 6. This course will be held across sessions 4-7. Required for all Level 6 credentialing candidates.

Session 7: 5:00-6:00 pm

Master Class with Jenny Durbin – continued

✪ 6 Level 6 Skills Training - continued

Exhibitor Hall open 5:00-6:30 pm

NACC  
(Galleria 2 & 3)  
NACC Executive Committee Members, will review the structure and action plan for the NACC, the official cheer coaches’ organization within the USASF. This is also a time for you to VOICE your concerns or share your ideas. Come to this session and see how YOU can be involved!

DINNER BREAK: 6:30-8:00 pm  
Dinner (on your own)

EXHIBITOR HALL CLOSED for Dinner Break will re-open at 8:00 pm  
The Exhibitor Hall will be closed during the dinner break.

ATTENDEE SOCIAL EVENT: 8:00-11:00 pm

ATTENDEE COCKTAIL PARTY: KEEP CALM and PARTY ON:  
The regional meeting includes an evening party for attendees in our exhibitor hall. The party includes cash bar (one complimentary drink ticket per regional meeting attendee) and snacks. Gena Evans, USASF’s Director of Sponsorships and Scholarships, serves as the social director for the evening: games, prizes and lots of fun!
SESSION 1: 10:00-10:50 am

It’s YOUR governing body: Let’s Talk about it  Les Stella, VP of Rules, Safety and Judging & Amy Clark, Executive Director of Membership (Galleria 3)
Join us for a candid conversation about the USASF. This interactive session is an opportunity for our members to ask questions or let us know your thoughts about how the USASF can best serve our members. No question is off limits.

Business Builder: All Star Prep as a Revenue Source  Angi Dunham (Galleria 2)
All Star Prep is an entry level product that is offered as an introduction to traditional all star cheer. It is intended to help gym owners build their program, create revenue, and grow the industry as a whole.

Special Needs Training – Part 1  Glenda Broderick (Galleria 1)
If you coach or assist with a Special Needs Team — this class is for you! The USASF has formalized the divisions and rules that will be offered during the 2014-2015 season and is requiring coaches to be credentialed. Attend the Special Needs sessions to receive the training in person.

The Science of the Score Sheet: Max it out!  Sean Timmons (Napa 1-3)
No need to hypothesize (or muddle through the process). This class will help you dissect the score sheet and understand what you need to do to rack up the points!

STUNTS LEVEL 2  Kenny Feeley (Monterrey)
What happens when you master the 1/2 up prep liberty, 1/2 up extension and tick tock? Well folks… this is just the beginning. There are so many untapped variations, transitions and exciting tricks that level 2 athletes can perform. This class will feature new ideas, technique upgrades to classic skills and amazing progressions for advanced level 2 athletes to keep your athletes motivated, challenged and excited about the upcoming season!

Components of Fitness  Debbie Love (Mendocino)
It’s time to train the COMPLETE athlete utilizing the 10 Components of Fitness. Once you know and understand each component and how they work together to develop all star athletes you will be able to develop a training program that encompasses each component.

Do you see what I see? A video judging experience  Dance Directors (Galleria 4)
Discuss the elements of the Pom, Jazz and Hip Hop score sheets used at Worlds, watch a performance on video and then give it a score. Learn what it’s like to work under the pressure of sitting on a judging panel. Can you stay objective and take it all in?

SESSION 2: 11:00-11:50 am

STUNTS LEVEL 3  Kenny Feeley (Monterrey)
Are you ready for a whole new approach to stunting at Level 3? This level is where technical progression to many advanced stunting skills are introduced and we are excited to share technique variations that will make previously impossible skills POSSIBLE.

Do you see what I see? A video judging experience (CONTINUED)  Dance Directors (Galleria 4) Continued from Session 1 (see description above)

Special Needs Training – Round Tables  Glenda Broderick (Galleria 1)
Round tables are an opportunity for attendees to connect with one another and share ideas. Round table topics TBD by session attendees.

Drills & Skills: Tumbling  Brett Hansen (Grand Atrium)
This session highlights a variety of drills that you can utilize in your tumbling classes to help build stronger skills.

Keeping it Black & White: Is this Legal?  Les Stella (Mendocino)
Les will provide session attendees with tips for staying out of the grey area when it comes to safety and legality issues in your all star cheer routine. He will also discuss protocol for handling challenges at events.

All Star Gym SUCCESS: Planning for the Future  Misty Hodges (Galleria 3)
A successful program doesn’t just “happen”! It starts with a VISION and developing a PLAN. The framework you create within you staff, your programs and a your all star teams will determine your level of success!

No More Mama Drama: A Practical Guide to All Star Parents  Amy Clark (Galleria 2)
The relationship between gym owner and parents is critical to the health and well being of your waiting room. Having a strategic plan for communicating with, educating and engaging your parents will help minimize (and hopefully eliminate the drama).

What’s YOUR Super Power, Coach?  Sean Timmons (Napa 1-3)
It’s more than a job, it’s a passion! But not every “coach” is a SUPER coach. Are you looking to be the best coach you can be? Then you don’t want to miss this class!
USASF Southwest Regional Meeting – Page 6

Saturday, July 26, 2014 - continued

USASF Universal Score Sheet Preview
The Universal Score Sheet is the result of the dedicated efforts of a committee comprised of a wide cross section of All Star Cheer coaches, judges and event producers. The two-year process blended the varied philosophies of scoring systems being used throughout All Star Cheer into one standard scoring system for the sport that rewards difficulty, technique and creativity. Come and get a sneak peek!

12:00-12:45 pm

Group 1: Universal Score Sheet Preview
Mendocino

Group 2: Buffet Lunch included for all meeting attendees
Hotel Restaurant

60 Second Fix: Quick Problem Solving
Dance Directors (Galleria 4)
Can you beat the clock? Join this interactive class and learn how to recognize issues and create solutions…in 60 seconds or less!

1:00-1:45 pm

Group 2: Universal Score Sheet Preview
Mendocino

Group 1: Buffet Lunch included for all meeting attendees
Hotel Restaurant

Group 2: Buffet Lunch included for all meeting attendees
Hotel Restaurant

SESSION 3: 2:00-2:50 pm

STUNTS LEVEL 4 Kenny Feeley (Monterrey)
It’s time to make Level 4 exciting again! Creative transitions, challenging mounts and fresh new ideas that will require your athletes to take pride in their technique, ownership over their skills and get excited about their team—whether Level 4 is their last stop on the way to Level 5 or their final destination.

CORE Blast! Cheryl Paquette (Napa 1-3)
Pure Conditioning for your Athletes! Utilizing pilates and yoga based movement, you’ll learn various ways to strengthen, lengthen and enhance your students’ capabilities with exercises focused on pom, jazz, and hip hop results. You’ll leave with a targeted program to incorporate into your practice schedule. **Come prepared to move.

Business Builder: A Dance Program in your All Star Cheer Gym Glenda Broderick (Galleria 3)
Dance continues to grow in the all star industry. Learn not only how to add this program to the list of products you offer in your gym but make it successful as well.

What’s Your Problem? Brett Hansen (Grand Atrium)
Come with your questions! Need advice on fixing a full? Need ideas on how to synchronize your tumbling? You name it, Brett has a trick to fix it! No questions….no problem – Brett will has topics ready to help you tweak your skills as a tumbling coach.

The USASF Universal Score Sheet Q & A Les Stella (Mendocino)
The floor is open…. Bring your questions and ask away.

Being (or train someone to be) a GREAT Assistant Coach Angi Dunham (Galleria 1 & 2)
What does it mean to be an “assistant” coach? It’s much more than watching the head coach take the reigns and “waiting” for your assignment. Step up without stepping on toes and contribute to the success of your team.

SESSION 4: 3:00-3:50 pm

STUNTS LEVEL 5 Kenny Feeley (Monterrey)
Technique, Technique, Technique! So much is possible here but it can only be attainable with strong technical execution. This class will focus on the little things that make a BIG difference while highlighting many of the new trends necessary to be competitive for the upcoming season!

That’s a Wrap: Help Us Help You Dance Directors (Terminal 1)
Meeting Wrap Up. This is your chance to share your input and ideas for USASF programs!

Shake Your Groove Thing! Jordan Boler (Napa 1-3)
Ever wonder how choreographers construct the dance section of a winning routine? This session will provide an overview of what goes into a dance that rocks the mat AND coaches will get up and move (to actually Shake their Groove Thing). Learn a few 8-counts to take back to your gym.

Ask Debbie Debbie Love (Grand Atrium)
World renowned tumbling coach Debbie Love is ready (and willing) to answer your questions! Need advice on coaching athletes with mental blocks? Need ideas on how to get more power from a round off? You name it, Debbie has a trick to fix it! No questions….no problem – Debbie will bring her bag of tricks and help you tweak your skills as a tumbling coach.

Program Owner’s Meeting Angi Dunham (Galleria 1 & 2)
Meet with your Regional Director for important USASF updates and discuss regional issues.

Straight Talk for Coaches version 2.0 Les Stella (Mendocino)
Les Stella, one of the most respected industry professionals, will “tell it like it is” when it comes to the responsibility coaches have to the athletes and parents in their program as well as the industry.
Les Stella, Vice President of Safety, Rules & Judging, will lead our general membership session. The session will include an overview and explanation of the Cheer Rules process, a preview of the Rules Proposals that will be considered for inclusion on the voting slate later this summer. Other agenda items include hot topics and industry trends.

CREDENTIALING BY APPOINTMENT 6:30-9:30 pm

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Sunday, July 27, 2014

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<th>Time</th>
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<tr>
<td>8:00-9:00 am</td>
<td>Registration &amp; Check-in</td>
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<td>Cheer Safety Judge Certification Course, All Star Cheer Coaches Rules Audit Course &amp; Credentialing</td>
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<td>9:00 am - 12 noon</td>
<td>Credentialing By Appointment</td>
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<tr>
<td>9:00 am - 3 pm</td>
<td>Safety Rules Course (for Judging Candidates and Coach Audit Course)</td>
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