



## 2017 USASF Regional Convention Complete List of Offerings & Descriptions

### Pre-Convention Offerings on Thursday

#### **IMPACT Leadership Workshop (9:00 am–6:00 pm)**

Make an IMPACT on your athletes, program and fellow coaches by participating in this leadership series for All Star Cheer and Dance professionals. Offered at all USASF Regional Conventions to professionals who consider All Star their career, IMPACT emphasizes that Integrity Motivates People And Cultures to Transform. Participation in the IMPACT Leadership Series gives you eligibility to apply for the USASF Mentoring Leaders program. Limited to 125 coaches per region.

**Fee:** Only \$99 if you're attending a Regional Convention or \$159 for Thursday only.

#### **J.U.M.P. Start (6:30-9:00 pm)**

Do you have a new or developing All Star program? Join USASF Sr. Regional Director Karen Wilson and All Star leaders for this free Regional Convention add-on session aimed at helping you set a solid foundation for your brand-new or growing program. Connect with a mentor, share ideas and leave this class with a self-directed plan for growth and longevity in All Star. Free to all USASF Members attending the Regional Convention. Pre-Registration Required.

#### **Regional Advisory Boards**

##### **Cheer: 6:00-9:00 pm MW, NE, SE & SW | 7:00-10:00 pm W, Dance: 6:00-9:00 pm (Las Vegas Only)**

Each Regional Advisory Board (RAB) will meet on the Thursday prior to the Regional Convention to discuss current issues effecting the All Star community. Members of the RAB will work collectively and explore solutions that would be widely accepted and in the best interest of their region, and the All Star community as a whole. They are charged with representing the best interest of All Star programs in each region. The RAB will prepare proposals to be taken to the National Advisory Board (NAB). Each RAB is comprised of 15 coaches and/or owners as well as regional representatives from Event Producers and Affiliate Company Members. The Cheer RAB will meet at each Regional Convention location. The Dance RAB will meet in Las Vegas only and will have delegates from every region.

To apply or learn more about the commitment, please follow this link:

[https://usasf.formstack.com/forms/regional\\_advisory\\_board](https://usasf.formstack.com/forms/regional_advisory_board)

#### **Cheer Credentialing (6:00 pm-10:00 pm) and select times throughout the weekend**

The USASF Cheer Credentialing Program examines, tests and certifies the knowledge, expertise and proficiency that a cheer coach possesses to safely teach building and/or tumbling skills in Levels 1-6. Current USASF Career Members who are 18 years or older are eligible for the credentialing program. Credentialing will be offered throughout the Regional Convention Thursday through Saturday. The session fee (\$25) for Practical Exams will be waived for all Regional Convention attendees. Regional Convention attendees can complete the required Positive Coaching Alliance Double Goal Coach ® course at no additional charge when they attend the Regional Convention. For more information on the credentialing process visit:

[http://usasf.net/safety/cheer/credentialing/how\\_to/](http://usasf.net/safety/cheer/credentialing/how_to/)

*Note: Level 6 credentialing will ONLY be offered at the West Regional Convention in Las Vegas on Sunday, August 6th*

### **FRIDAY: 9:00-9:45 am Session I**

#### **LET'S GET THIS PARTY STARTED!: MEETING KICK OFF**

All attendees will join their Regional Director for a meeting kick-off session. This is the first of several General Membership meetings held throughout the Regional Convention. You don't want to miss these sessions! They include important information for all USASF Members. The Meeting Kick off will preview several exciting things that are on the horizon -- be the first to see what's in store for the 2017-2018 season.

## **FRIDAY: 10:00-11:00 am Session II & 11:10 am-12:10 pm Session III - Round Robin Sessions**

### **POSITIVE MOTIVATION: GETTING THE BEST FROM ATHLETES**

#### ***Presented by the Positive Coaching Alliance***

In this workshop, convention attendees and our *Positive Coaching Alliance (PCA) Trainer* who facilitates the workshop engage in interactive discussion of how Positive Coaching impacts athletes. We share research from the world's top sport psychologists and researchers, some who serve on PCA's National Advisory Board and have provided additional insight exclusive to PCA. Coaches will learn exactly why positive motivation helps athletes improve their performance and process the life lessons available through sport that will impact them in athletic competition and beyond. Coaches will explore scenarios and apply this knowledge to some of the most difficult team and player motivation challenges:

- Motivating difficult-to-reach players and underperforming teams
- Having "hard conversations" with players
- Communicating "Receivable Criticism"
- Giving players an "Emotional Tank Vocabulary" for use with themselves and their teammates.

### **WHO'S UP FOR A CHALLENGE?**

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, start completing the challenge activities and learn some fun facts (for additional prizes that will be given away at the cocktail party)!

## **FRIDAY: 12:20-1:20 pm Session IV & 1:30-2:30 pm Session V - Lunch Rotations**

Attendees will be assigned to a specific Lunch Rotation. During their Lunch session they will pick up their boxed lunch. In the alternating session, attendees will have an opportunity to attend one of our 3 bonus offerings. Coaches who did not attend in 2016 will participate in the working lunch session (see next page).

### **BOXED LUNCH Provided for All Convention Attendees**

Pick up your lunch in the Exhibit Hall and stop by to see any exhibitors you missed during the Round Robin Rotation. Beverages will be set up in the ballroom with lunch seating. Sit, socialize or network with other attendees and sponsors. Use any extra time to finish up in the Exhibitor Area.

### **CULTIVATING All Star EXCELLENCE**

Join your Connection Leaders in an open discussion on all things related to fostering a successful All Star Program. Owners and Coaches are encouraged to attend and interact.

### **BUSINESS BUILDER: PRESCHOOL CURRICULUM**

Are you looking for another revenue stream? Debbie Love has created a Preschool Curriculum that you could implement immediately. With class outlines for 3 different age groups: Rollers (Baby & Me), Jumpers (walkers to 2 year olds), Twisters (3 & 4 year olds) you are ready to start promoting classes and increasing revenue tomorrow!

### **UNDERSTANDING THE CHEER AGE GRID**

Join the USASF staff in a review of the Age Grid for the 2017-2018 season. If it's on the age grid we'll review it (and answer your questions about it).

## **OR WORKING LUNCH SESSION 12:20-2:30 PM**

### **POSITIVE COACHING ALLIANCE PRESENTS: DOUBLE GOAL COACH ®**

*\*NOTE: This course is a requirement for cheer and/or dance credentialing. It is offered free of charge to Regional Convention Attendees. Coaches must attend this session and complete a post-session quiz to receive their Double-Goal Coach Certification.*

The research and experiences of great coaches across the country is clear: Positive is Powerful. In this highly interactive two-part workshop – sparked by video-based advice from top pro athletes and coaches on PCA's National Advisory Board – attendees explore why and how to pursue both winning and the more important goal of teaching life lessons through sports. Each of our coaches will leave the workshop as a PCA-certified Double-Goal Coach\*, knowing how to: Fill Emotional Tanks; Coach for Mastery of Sport (Not Just Results); and Honor the Game.

## **FRIDAY: 2:40-3:30 pm Session VI**

### **TUMBLING FOUNDATIONS**

Learn the techniques, drills, and tips for mastering safe tumbling fundamentals that apply to skills of all levels.

### **BUILDING BLOCKS LEVELS 1-3**

Learn the fundamental of stunting in this live demonstration stunt class.

### **BUILDING PYRAMIDS LEVELS 1-5**

Learn the pyramid rules and the grips required to make your pyramids legal.

### **YOU BROKE IT, LET'S FIX IT: LEVEL 4**

The most common rules broken in Level 4 during the 2016-17 season. This video based course with Dana Fielding, our Event Legality Administrator, will help you avoid common legality violations and set you straight for the 2017-18 season.

### **CREATING A CULTURE OF LOYALTY & LONGEVITY**

The number one strategy for growing your business is to retain your current athletes. One of the sure fire ways to extend their stay in your program is to create a culture of loyalty from stem to stern. Join Lee Grobstein as he shares his tips on laying the groundwork for loyalty within your program.

### **COACHING ATHLETES OF TODAY**

Is there a secret to working with Millennials? Join the Connection Team and young industry leaders as they discuss connecting with your students.

### **HEAD, SHOULDERS, KNEES & TOES (Dance Specific Offering - West|Las Vegas Only)**

Work your way through your working parts to strengthen and develop better musculo-skeletal foundations for technique development; emphasizing strengthening, mobility and injury prevention.

## **FRIDAY: 3:40-4:30 pm Session VII**

### **TUMBLING LEVEL 1**

Learn the techniques, drills, and tips for mastering Level 1 Tumbling skills.

### **NAME THAT LEVEL**

Test your stunt rules knowledge in this live demonstration, game show style class.

### **CONDITIONING BY THE LEVELS 4 & 5**

Join Debbie Love for specific conditioning to foster preparedness for the required skills at levels 4 and 5. She will help you understand the importance of a yearly periodization training schedule to minimize burnout and promote safety.

### **YOU BROKE IT, LET'S FIX IT: LEVEL 2**

The most common rules broken in Level 2 during the 2016-17 season. This video based course with Dana Fielding, our Event Legality Administrator, will help you avoid common legality violations and set you straight for the 2017-18 season.

### **ATTRACTING NEW CLIENTS TO All Star**

Make your program memorable - inspire a connection to All Star. Gain new ideas on attracting students to our sport.

### **CONTROL YOUR BUSINESS SYSTEMS, CONTROL YOUR LIFE.**

Whether you are already financially successful, or striving to "get there", understand that every point on your business systems wheel contributes to that success. This system of identifying and acting on the key points (KPIs) gives you control in business and life.

### **POM CONCEPTS (Dance Specific Offering - West|Las Vegas Only)**

Discover proper progressive development, best practices and ways to teach this genre that encourage consistent improvement in your dancers.

## **FRIDAY: 4:40-5:30 pm Session VIII**

### **TUMBLING LEVEL 4**

Learn the techniques, drills, and tips for mastering Level 4 Tumbling skills.

### **BEND IT DON'T BREAK IT: INVERSIONS LEVELS 2 & 3**

Learn the ins and outs of the Level 2 and 3 Inversion rules in this live demonstration stunt class.

### **CONDITIONING BY THE LEVELS 1-3**

Join Debbie Love for specific conditioning to foster preparedness for the required skills at levels 1 through 3. She will help you understand the importance of a yearly periodization training schedule to minimize burnout and promote safety.

### **YOU BROKE IT, LET'S FIX IT: LEVEL 5**

The most common rules broken in Level 5 during the 2016-17 season. This video based course with Dana Fielding, our Event Legality Administrator, will help you avoid common legality violations and set you straight for the 2017-18 season.

### **50 TIPS IN 50 MINUTES: LOYALTY & BALANCE - KEEPING FUN IN YOUR PROGRAM**

When morale is waning and athletes are deflating, you need energy and enthusiasm. Members of the Connection will share strategies to improve your staff, your program, and keeping it FUN!

### **WELCOME TO THE CommUNITY**

Take a virtual tour of the newly formed USASF CommUNITY! Browse coaching, management and marketing resources, articles, file sharing, videos and more! Find out how you can make direct connections with All Star coaches and owners and your Regional Director. It's all waiting for you when you log in...we'll show you how!

### **MARKETING MAGIC: INSIDE & OUTSIDE MARKETING SUCCESS**

To succeed and thrive, it takes both Inside Marketing (retain existing students), and Outside Marketing (get new students). This session will give you a clear understanding of the marketing environment that you are operating in, and how to structure your Inside and Outside marketing efforts for maximum return on investment!

### **HIP HOP CONCEPTS (Dance Specific Offering - West|Las Vegas Only)**

Methods shared for building strength and safe skill development to ensure the hip hop genre is progressed safely and effectively in your program.

## **FRIDAY: 5:40-6:30 pm Session IX**

### **TUMBLING LEVEL 3**

Learn the techniques, drills, and tips for safely mastering Level 3 Tumbling skills.

### **BEND IT DON'T BREAK IT: INVERSIONS LEVELS 4 & 5**

Learn the ins and outs of the Level 4 and 5 Inversion rules in this live demonstration stunt class.

### **FOUR PRINCIPLES FOR TRAINING**

What do conditioning, mental training, progressions and the needs of the athlete's bodies have in common? Come to Debbie Love's class to explore the training of a safe, successful athlete whether they are tiny, mini, youth, junior or senior.

### **YOU BROKE IT, LET'S FIX IT: LEVEL 1**

The most common rules broken in Level 1 during the 2016-17 season. This video based course with Dana Fielding, our Event Legality Administrator, will help you avoid common legality violations and set you straight for the 2017-18 season.

### **MEMBERSHIP REQUIREMENTS & POLICIES**

Did you know when you renew your membership with the USASF you are agreeing to the current season's terms and conditions? For the 2017-2018 season we are introducing three new policies that each of our member programs MUST have to be in good standing: Sexual Abuse Prevention Policy, Electronic Communication Policy and Anti-Bullying Policy. Join Amy Clark, Executive Director of Membership, as she reviews the new requirements as well as the other terms and conditions that apply to all members.

### **DEVELOPING THE PERSON WITHIN: USASF RESOURCES**

Need new tools in your toolbelt? Senior Regional Director Karen Wilson will help you navigate the member resources and utilize programs to their full potential.

### **PIROUETTE CONCEPTS (Dance Specific Offering - West|Las Vegas Only)**

Exercises improving alignment and placement that promote safe progression, and how to link the teaching of skill work with how it progresses to next level of proficiency.

**FRIDAY: 7:00-8:30 pm**

**OWNERS ONLY RECEPTION WITH PLATINUM SPONSORS**

Come as you are - casual attire! This social time allows owners and exhibitors an opportunity to network in a relaxed atmosphere. Heavy appetizers, drinks, exclusive offers, giveaways and door prizes.

**ALL OTHER ATTENDEES: DINNER BREAK (on your own)**

**FRIDAY: 8:30-11:00 pm**

**ATTENDEE & EXHIBITOR MIXER**

Come as you are - casual attire! This social time allows attendees to get to know other attendees and exhibitors in a casual setting. Drink tickets to all attendees that arrive before 9:00 pm. Back by popular demand: Pie face to win an Apple Watch & Lip-sync battle or karaoke for the grand prize among many other fun party games and great door prizes!

**SATURDAY: 8:30-10:45 am**

**IMPACT 2.0: ADVANCED LEADERSHIP TRAINING**

*Prerequisite: Alumni of the IMPACT Workshops from 2016.*

Alumni will reinforce concepts of leadership with activities and group discussions.

**SATURDAY: 9:30-10:45 am EARLY BIRD EXTENDED OFFERINGS Session X**

**TUMBLING: LEVEL 5 & SPECIALTY**

Learn the techniques, drills, and tips for mastering Level 5 and Specialty Tumbling skills.

**LEVEL 5 STUNT RULES**

Learn the ins and outs of Level 5 Stunt rules in this live demonstration class.

**SPORTS PSYCHOLOGY: UNDERSTANDING MENTAL BLOCKS**

*Strategies and Tactics from Sports Psychology for Helping Cheerleaders Perform Well*

In this class coaches will learn tactics to create teams of mentally strong athletes. It's a way of turning your gym into a vehicle of positive youth development for the empowerment of your participants. At the end of the class, you'll have some new tools to add to your coaching toolbox that are aimed to empower both athletes and coaches alike.

**YOU BROKE IT, LET'S FIX IT: LEVEL 3**

The most common rules broken in Level 3 during the 2016-17 season. This video based course with Dana Fielding, our Event Legality Administrator, will help you avoid common legality violations and set you straight for the 2017-18 season.

**AGE TARGETED MARKETING: 3 STEPS TO SUCCESS**

How can we empower the future of All Star? The Connection team will share tips on reaching out to age groups and successfully building your business.

**JUNIOR STAFF: DEVELOPING FROM WITHIN**

Learn the pathway for developing effective junior staff. Follow the easy steps to insuring your junior staff are representing you and your brand.

**WELLNESS ESSENTIALS PART 1: SPOTTING WHAT YOU CAN'T SEE**

Learn about "spotting" the signs, symptoms, risk factors and protective factors of emotional distress that aren't as easy to see as a flyer in distress.

**SPECIAL NEEDS 101: THE BASICS**

For coaches and assistants who have not yet attended a Special Needs Class at a Regional Convention. Course covers what is recommended to coach athletes with Special Needs, People First Language, an Intake Form for new athletes and a look at The Handbook. This extended session includes round table discussion topics: Competition vs. Exhibition Scoring Philosophy, Pushing the Athlete to their Potential, Open Questions & Answers.

**CONTEMPORARY | LYRICAL CONCEPTS (Dance Specific Offering - West|Las Vegas Only)**

Contrast and compare the genres - how movement is initiated in the body. Gather developmental progressions to further enhance your dancers' growth safely.

## **SATURDAY: 11:00 am-12:15 pm Session XI**

### **GENERAL SESSION & KEYNOTE PRESENTATION**

#### **All Star Cheer & Dance: A Gateway to Success**

Emily Smith is a former All Star athlete, coach, and program owner. She currently serves as the Director of Dance and Entertainment Teams for the Cleveland Cavaliers and is our Keynote Speaker.

Emily has a unique perspective with respect to All Star that comes from the professional world. She will speak to the value that All Star athletes gain through participation that are attractive to a prospective universities, colleges and employers. As we navigate into the next era of All Star Cheer and Dance it is important, as owners and coaches, to understand our role in creating great citizens of tomorrow and emphasizing the value of participation in addition to the results in the competitive arena.

## **SATURDAY: 12:25-1:15 pm Session XII**

### **DELI LUNCH PROVIDED (Group B & Special Needs Coaches)**

#### **CHEER RULES REVIEW: WHAT'S NEW? (Group A)**

Join our Rules Team as they review all the changes that begin this season.

#### **UNDERSTANDING THE DANCE AGE GRID, DIVISIONS & CATEGORIES - CREATING TEAMS (Dance Specific Offering - West|Las Vegas Only) - Working Lunch**

Discussions with Dance Legalities Officials on how to maximize the size and number of your teams to grow your program.

## **SATURDAY: 1:25-2:15 pm Session XIII**

### **DELI LUNCH PROVIDED (Group A)**

#### **CHEER RULES REVIEW: WHAT'S NEW? (Group B)**

Join our Rules Team as they review all the changes that begin this season.

#### **SPECIAL NEEDS: GETTING FIT, FLEXIBLE & HAVING FUN**

Learn to challenge your athletes through a series of exercises fit for various disabilities. The focus is on injury prevention and flexibility. Debbie Love will give you fun-filled examples of warm-up drills that takes the athlete through a full range of motion of the joints which is extremely important for this population.

#### **JAZZ CONCEPTS (Dance Specific Offering - West|Las Vegas Only)**

Connections made with alignment, approach and teaching progressive skill work to effectively build improvement in your team.

## **SATURDAY: 2:25-3:15 pm Session XIV**

### **SPORTS PSYCHOLOGY LAB: TURNING MENTAL BLOCKS INTO STEPPING STONES**

Come watch Dr. Kennedy demonstrate his techniques and strategies for working with mental blocks with local athletes struggling with mental blocks. Many athletes in performance sports can be overwhelmed by the different stressors in the sport. It can really affect their chances for success. This demonstration will exhibit the strategies and tools that Dr. Kennedy uses while helping his athletes journey their their mental blocks, turning them into stepping stones.

#### **BEND IT DON'T BREAK IT: RELEASES LEVELS 1 & 2**

Learn the ups and down of the Level 1 and 2 Release Move style rules in this live demonstration stunt class.

#### **JUMPS**

Learn the training methods of some of the best jumping teams in our sport.

#### **READING THE CHEER RULES: A HOW TO GUIDE**

*Required for all NEW Legality Official Candidates & Open to all Regional Convention Attendees*

In this session our Legality Official Trainer will teach the coaches how to read the rules with a focus on interpretation and application to the skill in question. She will use the same strategy and application as taught to the Legality Officials with the goal of teaching coaches in attendance how to read the rules and understand them.

*More offerings on the next page*

**SATURDAY: 2:25-3:15 pm (continued)**

**RETENTION: THE KEY TO BUILDING A STRONG FOUNDATION FOR SUCCESS**

A well developed program aimed at keeping the revolving door closed and maintaining long term customers.

**TECHNIQUES FOR TRAINING EVERY AGE GROUP**

Discover more about your athlete's age of readiness. Learn key strategies for engaging with athletes and training them based on the USASF age levels: Tiny, Mini, Youth, Junior & Senior.

**WELLNESS ESSENTIALS PART 2: WHERE THERE IS SMOKE THERE IS FIRE, WHAT NOW?**

Learn about the resources, techniques, and strategies you need in your toolkit when working with today's youth and why it's so important to put your own oxygen mask on first.

**SPECIAL NEEDS: SCORING PHILOSOPHY**

Let their abilities shine! This class is designed to give coaches some insight into the philosophy behind scoring teams in the special needs divisions. Understand what judges are looking for in a routine and how to promote independence on the competition floor.

**AGE OF READINESS (Dance Specific Offering - West|Las Vegas Only)**

Connecting the gap between Beginner and Intermediate competency; understanding anatomy as it applies to dancer's skill progression, how to recognize common imbalances and correct them.

**SATURDAY: 3:25-4:15 pm Session XV**

**TUMBLING: LEVEL 2**

Learn the techniques, drills, and tips for mastering Level 2 Tumbling skills.

**BEND IT DON'T BREAK IT: RELEASES LEVEL 3 & 4**

Learn the ups and down of the Level 3 and 4 Release Move rules in this live demonstration stunt class.

**ATHLETE ASSESSMENT & Rx**

A safety based approach to determine the readiness of the athlete prior to teaching skills. This course includes an assessment process and targeted post-assessment conditioning.

**UNDERSTANDING THE CHEER GLOSSARY**

*Required for Legality Official Candidates & Open to all Regional Convention Attendees*

Interpreting the glossary correctly can help your team avoid common rule infractions. The USASF Level Rules include terms often found in the glossary, but not often reviewed. Learn how to best use the resources available to your program.

**MARKETING: THE JOURNEY NOT THE JACKET**

How do you bring athletes into your building and have them want to be a part of your program? Marketing!

**POSITIVE SELF TALK: AS A COACH YOUR WORDS MATTER**

"Getting in your athlete's head" is something Dr. Kennedy specializes in teaching. This lecture style class will include techniques for creating the best mindset for success. Come ready to participate!

**SPECIAL NEEDS: UNDERSTANDING & MANAGING BEHAVIORS**

Learning the basic functions of behaviors as a form of communication and how to redirect negative behaviors to support your athletes with special needs.

**YOU BROKE IT, LET'S FIX IT: DANCE (Dance Specific Offering - West|Las Vegas Only)**

Chat with the experts. Here's your chance to ask questions and get advice from members of the USASF Dance Legality Officials team.

**SATURDAY: 4:25-5:15 pm Session XVI**

**NATIONAL All Star CHEER & DANCE DAY: LEARN THE DANCE**

End the Regional Convention with some fun! Bring your friends and learn the the dance developed specifically to help you grow All Star on National All Star Cheer and Dance Day. We have created the dance, customized the music, and even provided the marketing materials for you. Join us and DANCE! 9-9-2017

*More offerings on the next page*

## **SATURDAY: 4:25-5:15 pm (continued)**

### **TUMBLING Q&A**

Class Description: Chat with the experts. Here's your chance to ask questions and get advice from members of the USASF Tumbling Team.

### **BEND IT DON'T BREAK IT: TWISTING LEVELS 1-4**

Learn the twists and turns of the Level 1-4 Twisting rules in this live demonstration stunt class.

### **TOSSES & DISMOUNTS LEVELS 2-5**

Learn the ups and downs of the Toss and Dismount rules in this video based class.

### **BUSINESS BUILDER: PREP DANCE 101**

Interested in bringing in more revenue? Starting a dance program? Draw in new students and define your teams from other dance programs.

### **COACHING WITH AN AUTONOMY SUPPORTIVE ENVIRONMENT**

Autonomy Support is the interpersonal connection and behavior coaches provide during practice to identify, nurture, and develop an athlete's own internal motivation. Promoting an Autonomy Supportive environment in your gym or studio, will not only create strong athletes with performance success, but teach skills essential for strength, success and happiness that results in the athlete's desire to continue on their journey with All Star.

### **PHYSICS IN CHEERLEADING**

Finally, a chance to apply science to cheer skills! Learn key physics principles designed to bring out the best in your athletes. Your understanding can promote safety and longevity for athlete's in your program.

### **SPECIAL NEEDS: TRAINING JUNIOR COACHES, ASSISTANTS & BUDDIES**

Training Jr Coaches, Assistants and Buddies can be quite a challenge. Give them clear, concise expectations and the tools to best work with your athletes to get the most out of them.

### **DANCE COACHES' ROUND TABLE (Dance Specific Offering - West|Las Vegas Only)**

Enjoy the opportunity to talk with other coaches about their struggles and successes in All Star Dance. Build relationships with other programs and cultivate a network of sharing ideas.

## **SATURDAY: 5:25-5:45 pm Session XVII**

### **THAT'S A WRAP: REGIONAL CONVENTION CLOSING SESSION**

Join your Regional Director for the official Convention Closing Session. Sometimes .... we save the best for last! You won't want to miss this.....

## **Post-Convention Offerings on Saturday**

### **CHEER LEGALITY OFFICIAL TRAINING COURSE**

Offered at all 5 USASF Regional Conventions. You MUST register separately for this course. It is NOT included in the Regional Convention pricing. The cost for the course is \$75. There is no additional fee to participate in the Dance Legality Official Training course if you register for the Cheer Legality Official Training course.

- Check-in for Legality Official Candidates is between 2:00 pm and 3:00 pm. You must check-in *at least* 20 minutes prior to your first required course. Attendance will be taken at all sessions.
- First Time Cheer Legality Official Candidates are required to attend Reading the Cheer Rules at 2:25 pm. This class is session is optional, but recommended, for returning Legality Officials.
- Returning and first time Cheer Legality Official Candidates are required to attend Understanding the Glossary at 3:25 p.m.
- There will be a dinner break (on your own) from 4:25 pm to 5:15 pm.
- Part I of the training course will take place from 5:25 pm to 9:30 pm.
- Part II of the training course will take place on Sunday from 8:00 am to 12:00 noon

Additional Requirements for all Legality Official Candidates

(instructions will be emailed to you after you register to take the course)

- Green Light background check determination through the USASF's screen provider (NCSI). Legality Official candidates ***who do not coach All Star*** MUST USE self registration number **25453735**. If a Legality Official candidate has already completed the screening as a coach, they will not need to apply for a new screening UNLESS their screening will expire on 7/31/2017
- Concussionwise course offered by the American Sports Education Program (ASEP). Legality official candidates who took this course for the 2016 training do not need to take the course for 2017.

**Follow this link to register:** [https://usaf.formstack.com/forms/17\\_18\\_legality\\_official\\_registration](https://usaf.formstack.com/forms/17_18_legality_official_registration)



## Post-Convention Offerings on Sunday

### **CHEER LEGALITY OFFICIAL TRAINING COURSE (8:00 am-12:00 noon)**

See previous page for full description and details. Sunday is Part II of the training course.

### **REGIONAL CONNECT MEETING & NETWORKING (9:00 am-1:00pm)**

Plan to stay over the Sunday following your Regional Convention for your Regional Connect. Historically, the NACCC (now the NASC: National All Star Connection) has held one annual meeting to discuss and address important topics in All Star. To make this opportunity more accessible to more members, this annual meeting will instead be offered in every region. After two great days of learning, your Regional Director with the coach and owner leaders of The USASF Connection will facilitate the exchange of ideas on a variety of relevant topics. Ideas discussed here will then progress through the organization to the appropriate committees. Your Regional Connect is your opportunity to be a part of positively shaping the future of All Star! Free to all USASF Members attending the Regional Convention. RSVP requested.

### **LEVEL 6 CHEER CREDENTIALING (9:00 am-5:00 pm) West | Las Vegas Only**

Level 6 Credentialing Candidates will attend class sessions to review the rules and address the skills and safety considerations for our highest level. Attendance for the full day is required. Level 6 credentialing candidates must be credentialed through Level 5 to be eligible for this course. This course is included with regional meeting attendance. Candidates who do not attend the regional meeting will pay the course fee (\$150) and the testing fee (\$30) for a total of \$180. Regional Convention attendees can complete the required Positive Coaching Alliance Double Goal Coach ® course at no additional charge when they attend the Regional Convention.

### **ATHLETE LEADERSHIP: BOLT & MARCH (9:00 am-5:00 pm)**

The USASF is offering two programs for athlete leadership training: **B**ettering **O**ur **L**eaders of **T**omorrow (BOLT), and **M**ales **A**dvancing **R**espect, **C**onnections and **H**onorability (MARCH) introduce and encourage concepts of integrity, accountability, personal growth and self-confidence to the future leaders of All Star.

BOLT activates young cheer and dance leaders to become strong peer role models who put team first, fully commit to their All Star program and learn to make the choices that lead to accomplishment. Developed and led by alumni of the USASF Mentoring Leaders program, BOLT will set young athletes on their path to success.

**NEW for 2017:** As a complementary program to BOLT, we're introducing a leadership program just for male All Star athletes! **M**ales **A**dvancing **R**espect, **C**haracter and **H**onor (MARCH) builds confident, strong, principled and energetic male leaders and prepares them to lead their peers, their team, their All Star programs and in their extended community.

All USASF cheer and dance member athletes who are entering 9th through 12th grades are eligible to attend BOLT and MARCH, offered at all five USASF Regional Conventions this summer. Athletes who complete this exclusive training and the associated give-back project in their program are eligible to apply to attend the Regional Advisory Board meeting in their region the following summer. Get plugged in to the USASF as an athlete and grow with us, and our sport, as a part of this athlete education program.

**Follow this link to register:** [https://usasf.formstack.com/forms/athlete\\_leadership\\_series](https://usasf.formstack.com/forms/athlete_leadership_series)

**Check-in:** 8:30 am

**Fee:** \$95 Includes lunch and participant gifts

### **DANCE LEGALITY OFFICIAL TRAINING COURSE (1:00 pm-6:00 pm)**

Offered at all 5 USASF Regional Conventions. You MUST register separately for this course. It is NOT included in the Regional Convention pricing. The cost for the course is \$75. There is no additional fee to participate in the Cheer Legality Official Training course if you register for the Dance Legality Official Training course.

All Candidates must check-in between 12:30 pm and 12:45 pm

Additional Requirements for all Legality Official Candidates  
(instructions will be emailed to you after you register to take the course)

- Green Light background check determination through the USASF's screen provider (NCSI). Legality Official candidates ***who do not coach All Star*** MUST USE self registration number **25453735**. If a Legality Official candidate has already completed the screening as a coach, they will not need to apply for a new screening UNLESS their screening will expire on 7/31/2017
- Concussionwise course offered by the American Sports Education Program (ASEP). Legality official candidates who took this course for the 2016 training do not need to take the course for 2017.

**Follow this link to register:** [https://usasf.formstack.com/forms/17\\_18\\_legality\\_official\\_registration](https://usasf.formstack.com/forms/17_18_legality_official_registration)