



2017 Northeast Regional Convention July 14 & 15, 2017

CONVENTION LOCATION:

Hyatt Regency Baltimore Inner Harbor
300 Light St.
Baltimore, MD 21202

Thursday, July 13th: Pre-Convention Workshops & Meetings

- 9:00 am-6:00 pm IMPACT Leadership Workshop
- 6:00 pm-9:00 pm Regional Advisory Board Meeting
- 6:00 pm-10:00 pm Cheer Credentialing
- 6:30 pm-9:00 pm J.U.M.P. Start
- 7:00 pm-9:00 pm Check-in for Pre-Registered Attendees

Friday, July 14th: Regional Convention Day 1

- 7:30 am-8:45 am Registration & Check-in
- 9:00 am-9:45 am Session I: Meeting Kick-off Session - *Constellation CDE(F)*
- 10:00 am-11:00 am Session II: Round Robin Session 1
 - Group A: Positive Motivation: Getting the Best from Athletes - *Constellation DE Presented by the Positive Coach Alliance*
 - Group B: Exhibitor Networking - *Constellation AB*
- 11:10 am-12:10 pm Session III: Round Robin Session 2
 - Group B: Positive Motivation: Getting the Best from Athletes - *Constellation DE Presented by the Positive Coach Alliance*
 - Group A: Exhibitor Networking - *Constellation AB*
- 12:20-2:30 pm Working Lunch - *Constellation DE*
For coaches who need to complete the Double Goal Coach ® course
- 12:20 pm-1:20 pm Session IV: Lunch Rotation 1
For coaches who do NOT need to complete the Double Goal Coach ® course
 - Group A: Lunch Break (& continue exhibitor networking) - *Harborview*
 - Group B: Choose from one of the Lunch Rotation Class Options
 - Cultivating All Star Excellence - *Chesapeake B (3rd Floor)*
 - Business Builder: Preschool Curriculum - *Constellation C*
 - Understanding the Cheer Age Grid - *Chesapeake A (3rd Floor)*
- 1:30 pm-2:30 pm Session V: Lunch Rotation 2
For coaches who do NOT need to complete the Double Goal Coach ® course
 - Group B: Lunch Break (& continue exhibitor networking) - *Harborview*
 - Group A: Choose from one of the Lunch Rotation Class Options
 - Cultivating All Star Excellence - *Chesapeake B (3rd Floor)*
 - Business Builder: Preschool Curriculum - *Constellation C*
 - Worlds Scoresheet Discussion - *Chesapeake A (3rd Floor)*

Friday, July 14th: Regional Convention Day 1 - continued

2:40 pm-3:30 pm Session VI: Class Offerings

- Tumbling Foundations - *Constellation C*
- Building Blocks Levels 1-3 - *Constellation F*
- Building Pyramids Levels 1-5 - *Constellation D*
- You Broke it, Let's fix it: Cheer Rules Level 4 - *Constellation E*
- Creating a Culture of Loyalty & Longevity - *Chesapeake B (3rd Floor)*
- Coaching Athletes of Today - *Chesapeake A (3rd Floor)*

3:40 pm-4:30 pm Session VII: Class Offerings

- Tumbling Level 1 - *Constellation C*
- Name that Level: Test your Stunt Rules Knowledge - *Constellation F*
- Conditioning by the Levels - Levels 4 & 5 - *Constellation D*
- You Broke it, Let's Fix it: Cheer Rules Level 2 - *Constellation E*
- Attracting New Clients to All Star - *Chesapeake B (3rd Floor)*
- Control Your Business Systems, Control Your Life - *Chesapeake A (3rd Floor)*

4:40 pm-5:30 pm Session VIII: Class Offerings

- Tumbling Level 4 - *Constellation C*
- Bend it Don't Break it: Inversions Levels 2 & 3 - *Constellation F*
- Conditioning by the Levels - Levels 1-3 - *Constellation D*
- You Broke it, Let's fix it: Cheer Rules Level 5 - *Constellation E*
- 50 Tips in 50 Minutes: Loyalty & Balance - Keeping Fun in your Program - *Chesapeake B*
- Marketing Magic: Inside & Outside Marketing Success - *Chesapeake A (3rd Floor)*

5:40 pm-6:30 pm Session IX: Class Offerings

- Tumbling Level 3 - *Constellation C*
- Bend it Don't Break it: Inversions Levels 4 & 5 - *Constellation F*
- Four Principles For Training - *Constellation D*
- You Broke it, Let's fix it: Cheer Rules Level 1 - *Constellation E*
- Membership Requirements & Policies - *Chesapeake B (3rd Floor)*
- Everything you need to know about the USASF Member Resources - *Chesapeake A*

7:00 pm-8:30 pm Owners Reception - Constellation AB

8:30-11:00 pm Attendee | Exhibitor Mixer - Constellation AB

Saturday, July 15th: Regional Convention Day 28:30 am-10:45 am Advanced Leadership Training for Alumni of the IMPACT Workshops from 2016 - *Harborview*

9:30 am-10:45 am Session X: Early Bird Extended Session Class Offerings

- Tumbling: Level 5 & Specialty Passes - *Constellation C*
- Level 5 Stunt Rules - *Constellation F*
- Sports Psychology: Understanding Mental Blocks - *Constellation D*
- You Broke it, Let's Fix it: Cheer Rules Level 3 - *Constellation E*
- Age Targeted Marketing: 3 Steps to Success - *Chesapeake B (3rd Floor)*
- Junior Staff: Developing from Within - *Chesapeake A (3rd Floor)*
- Wellness Essentials Part I: Spotting What You Can't See - *Camden/Lombard*
- Athletes with Special Needs 101: The Basics - *Calvert/Pratt (3rd Floor)*

11:00 am-12:15 pm Session XI: General Session & Keynote Speaker - *Constellation A & B*
All Star Cheer & Dance: The Gateway to Success in Life

Saturday, July 15th: Regional Convention Day 2 - continued

12:25 pm-1:15 pm Session XII: Lunch Rotation 1

- Group A: Cheer Rules Updates for the 2017-2018 Season - *Constellation A*
- Group B & Special Needs Coaches: Lunch Break - Deli Lunch Provided - *Harborview*

1:25 pm-2:15 pm Session XIII: Lunch Rotation 2

- Group A: Lunch Break - Deli Lunch Provided - *Harborview*
- Group B: Cheer Rules Updates for the 2017-2018 Season - *Constellation A*
- Special Needs Coaches: Getting Fit, Flexible & Having Fun - *Constellation C*

2:25 pm-3:15 pm Session XIV:

- Sports Psychology Lab: Turning Mental Blocks into Stepping Stones - *Constellation C*
- Bend it, Don't Break it: Releases Levels 1 & 2 - *Constellation F*
- Jumps - *Constellation D*
- Reading the Cheer Rules: A How To Guide - *Constellation B*
- Retention: The Key to Building a Strong Foundation for Success - *Chesapeake B*
- Techniques for Training Every Age Group - *Constellation E*
- Wellness Essentials Part 2: Where There is Smoke There is Fire, What Now? - *Chesapeake A*
- Special Needs: Scoring Philosophy - *Calvert/Pratt (3rd Floor)*

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

- Tumbling Level 2 - *Constellation C*
- Bend it, Don't Break it: Releases Levels 3 & 4 - *Constellation F*
- Athlete Assessment & Rx - *Constellation D*
- Understanding the Cheer Glossary - *Constellation B*
- Marketing: The Journey Not the Jacket - *Chesapeake B (3rd Floor)*
- Positive Self Talk: As a Coach, Your Words Matter - *Constellation E*
- Special Needs: Understanding & Managing Behaviors - *Calvert/Pratt*

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

- National All Star Cheer & Dance Day: Learn the Dance! - *Constellation A*
- Tumbling Q & A - *Constellation C*
- Bend it, Don't Break it: Twisting Levels 1-4 - *Constellation F*
- Tosses & Dismounts: Levels 2-5 - *Constellation D*
- Business Builder: Prep Dance 101 - *Chesapeake B (3rd Floor)*
- Coaching with an Autonomy Supportive Environment - *Constellation E*
- Physics in Cheerleading: Apply the Principles - *Chesapeake A (3rd Floor)*
- Special Needs: Training Junior Coaches, Assistants & Buddies - *Calvert/Pratt (3rd Floor)*

5:25 pm-5:45 pm Session XVII: Regional Convention Closing Session - *Constellation A*5:25 pm-9:30 pm Cheer Legality Official Training Part I - *Constellation B*

Pre-registration required. Open to Cheer Safety Judging Candidates only. Candidates also required to attend select courses offered at the Regional Convention.

Sunday, July 16th: Post-Convention Workshops & Meetings

8:00 am -12 noon Cheer Legality Official Training Part II -

Pre-registration required. Open to Cheer Safety Judging Candidates only. Must also attend Part I on Friday.

9:00 am-1:00 pm Northeast REGIONAL CONNECT Meeting

9:00 am-5:00 pm Athlete Leadership Programs: BOLT & MARCH

1:00 pm-6:00 pm Dance Legality Official Training