



2017 Southwest Regional Convention July 28 & 29, 2017

CONVENTION LOCATION:

Hyatt Regency Dallas
300 Reunion Boulevard
Dallas, TX 75207

Thursday, July 27th: 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 28th: 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 (*Reunion ABC*)
- 10:00 am-11:00 am Session II: Round Robin 1
 - Group A: Positive Motivation: Getting the Best from Athletes
Presented by the Positive Coach Alliance (Cumberland FGH)
 - Group B: Exhibitor Networking (*Reunion DEFGH*)
- 11:10 am-12:10 pm Session III: Round Robin Session 2
 - Group B: Positive Motivation: Getting the Best from Athletes
Presented by the Positive Coach Alliance (Cumberland FGH)
 - Group A: Exhibitor Networking (*Reunion DEFGH*)
- 12:20-2:30 pm Working Lunch (*Cumberland FGH*)
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) (*Reunion Ballroom*)
 - Group B: Choose from one of the Lunch Rotation Class Options
 - Cultivating All Star Excellence (*Cumberland J*)
 - Business Builder: Preschool Curriculum (*Reunion C*)
 - Understanding the Cheer Age Grid (*Cumberland L*)
- 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) (*Reunion Ballroom*)
 - Group A: Choose from one of the Lunch Rotation Class Options
 - Cultivating All Star Excellence (*Cumberland J*)
 - Business Builder: Preschool Curriculum (*Reunion C*)
 - Understanding the Cheer Age Grid (*Cumberland L*)

Friday, July 28th: Regional Convention Day 1 - continued

- 2:40 pm-3:30 pm Session VI: Class Offerings
- Tumbling Foundations (*Reunion C*)
 - Building Blocks Levels 1-3 (*Reunion A&B*)
 - Building Pyramids Levels 1-5 (*Cumberland ABC*)
 - You Broke it, Let's fix it: Cheer Rules Level 4 (*Cumberland K*)
 - Creating a Culture of Loyalty & Longevity (*Cumberland J*)
 - Coaching Athletes of Today (*Cumberland L*)
- 3:40 pm-4:30 pm Session VII: Class Offerings
- Tumbling Level 1 (*Reunion C*)
 - Name that Level: Test your Stunt Rules Knowledge (*Reunion A&B*)
 - Conditioning by the Levels - Levels 4 & 5 (*Cumberland ABC*)
 - You Broke it, Let's Fix it: Cheer Rules Level 2 (*Cumberland K*)
 - Attracting New Clients to All Star (*Cumberland J*)
 - Control Your Business Systems, Control Your Life (*Cumberland L*)
- 4:40 pm-5:30 pm Session VIII: Class Offerings
- Tumbling Level 4 (*Reunion C*)
 - Bend it Don't Break it: Inversions Levels 2 & 3 (*Reunion A&B*)
 - Conditioning by the Levels - Levels 1-3 (*Cumberland ABC*)
 - You Broke it, Let's fix it: Cheer Rules Level 5 (*Cumberland K*)
 - 50 Tips in 50 Minutes: Loyalty & Balance - Keeping Fun in your Program (*Cumberland J*)
 - Marketing Magic: Inside & Outside Marketing Success (*Cumberland L*)
- 5:40 pm-6:30 pm Session IX: Class Offerings
- Tumbling Level 3 (*Reunion C*)
 - Bend it Don't Break it: Inversions Levels 4 & 5 (*Reunion A&B*)
 - Four Principles For Training (*Cumberland ABC*)
 - You Broke it, Let's fix it: Cheer Rules Level 1 (*Cumberland K*)
 - Membership Requirements & Policies (*Cumberland L*)
 - Everything You Need to Know about the USASF Member Resources (*Cumberland J*)
- 6:45 pm-8:30 pm Owners Reception
- 8:45-11:00 pm Attendee | Exhibitor Mixer

Saturday, July 29th: Regional Convention Day 2

- 8:30 am-10:45 am Advanced Leadership Training for Alumni of the IMPACT Workshops from 2016 (*Reunion F*)
- 9:30 am-10:45 am Session X: Early Bird Extended Session Class Offerings
- Tumbling: Level 5 & Specialty Passes (*Reunion C*)
 - Level 5 Stunt Rules (*Reunion A & B*)
 - Sports Psychology: Understanding Mental Blocks (*Cumberland ABC*)
 - You Broke it, Let's Fix it: Cheer Rules Level 3 (*Cumberland FG*)
 - Age Targeted Marketing: 3 Steps to Success (*Cumberland J*)
 - Junior Staff: Developing from Within (*Reunion E*)
 - Wellness Essentials Part I: Spotting What You Can't See (*Cumberland L*)
 - Athletes with Special Needs 101: The Basics (*Cumberland H*)
- 11:00 am-12:15 pm Session XI: General Session & Keynote Speaker
All Star Cheer & Dance: The Gateway to Success in Life (Reunion G & H)

Saturday, July 29th: 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 (*Reunion G &H*)
 - Group B & Special Needs Coaches: Lunch Break - Deli Lunch Provided (*Reunion F*)
- 1:25 pm-2:15 pm Session XIII: Lunch Rotation 2
- Group A: Lunch Break - Deli Lunch Provided (*Reunion F*)
 - Group B: Cheer Rules Updates for the 2017-2018 Season (*Reunion G &H*)
 - Special Needs Coaches: Getting Fit, Flexible & Having Fun (*Reunion B & C*)
- 2:25 pm-3:15 pm Session XIV:
- Sports Psychology Lab: Turning Mental Blocks into Stepping Stones (*Reunion B & C*)
 - Bend it, Don't Break it: Releases Levels 1 & 2 (*Reunion G & H*)
 - Jumps (*Cumberland ABC*)
 - Reading the Cheer Rules: A How To Guide (*Cumberland FG*)
 - Retention: The Key to Building a Strong Foundation for Success (*Cumberland J*)
 - Techniques for Training Every Age Group (*Reunion E*)
 - Wellness Essentials Part 2: Where There is Smoke There is Fire, What Now? (*Cumberland L*)
 - Special Needs: Scoring Philosophy (*Cumberland H*)
- 3:25 pm-4:15 pm Session XV:
- Tumbling Level 2 (*Reunion B & C*)
 - Bend it, Don't Break it: Releases Levels 3 & 4 (*Reunion G & H*)
 - Athlete Assessment & Rx (*Cumberland ABC*)
 - Understanding the Cheer Glossary (*Cumberland FG*)
 - Marketing: The Journey Not the Jacket (*Cumberland J*)
 - Positive Self Talk: As a Coach, Your Words Matter (*Reunion E*)
 - Special Needs: Understanding & Managing Behaviors (*Cumberland H*)
- 4:25 pm-5:15 pm Session XVI:
- National All Star Cheer & Dance Day: Learn the Dance! (*Reunion A*)
 - Tumbling Q & A (*Reunion B & C*)
 - Bend it, Don't Break it: Twisting Levels 1-4 (*Reunion G & H*)
 - Tosses & Dismounts: Levels 2-5 (*Cumberland ABC*)
 - Business Builder: Prep Dance 101 (*Cumberland J*)
 - Coaching with an Autonomy Supportive Environment (*Reunion E*)
 - Physics in Cheerleading: Apply the Principles (*Cumberland L*)
 - Special Needs: Training Junior Coaches, Assistants & Buddies (*Cumberland H*)
- 5:25 pm-5:45 pm Session XVII: Regional Convention Closing Session
- 5:25 pm-9:30 pm Cheer Legality Official Training Part I
Pre-registration required. Open to Cheer Safety Judging Candidates only. Candidates also required to attend select courses offered at the Regional Convention.

Sunday, July 30th: 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 Saturday.
- 9:00 am-1:00 pm Southwest REGIONAL CONNECT Meeting
- 9:00 am-5:00 pm Athlete Leadership Programs: BOLT & MARCH
- 1:00 pm-6:00 pm Dance Legality Official Training