



2017 West Regional Convention August 4 & 5, 2017

CONVENTION LOCATION:

M Resorts and Spa
12300 S Las Vegas Blvd.
Henderson, NV 89044

Thursday, August 3rd: Pre-Convention Workshops & Meetings

- 9:00 am-6:00 pm IMPACT Leadership Workshop (*Messina 3*)
- 6:00 pm-9:00 pm Regional Advisory Board Meeting - Dance (*Messina 4*)
- 6:00 pm-10:00 pm Cheer Credentialing
- 6:30 pm-9:00 pm J.U.M.P. Start (*Messina 5*)
- 7:00 pm-10:00 pm Regional Advisory Board Meeting - Cheer (*Molise 1*)
- 7:00 pm-9:00 pm Check-in for Pre-Registered Attendees

Friday, August 4th: 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 (*Milan 6*)
- 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 (*Marche 1-3*)
 - **Group B:** Exhibitor Networking (*M Pavillion*)
- 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 (*Marche 1-3*)
 - **Group A:** Exhibitor Networking (*M Pavillion*)
- 12:20-2:30 pm Working Lunch
 - For coaches who need to complete the Double Goal Coach ® course (Marche 1-3)*
- 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) (*M Pavillion*)
 - **Group B:** Choose from one of the Lunch Rotation Class Options
 - Cultivating All Star Excellence (*Molise 4*)
 - Business Builder: Preschool Curriculum (*Milan 3-5*)

- Understanding the Cheer Age Grid (*Molise 2*)
- 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) (*M Pavillion*)
 - **Group A:** Choose from one of the Lunch Rotation Class Options
 - Cultivating All Star Excellence (*Molise 2*)
 - Business Builder: Preschool Curriculum (*Milan 3-5*)
 - Worlds Scoring Input (*Molise 4*)
- 2:40 pm-3:30 pm Session VI: Class Offerings
- Tumbling Foundations (*Milan 3-5*)
 - Building Blocks Levels 1-3 (*Milan 7-8*)
 - Building Pyramids Levels 1-5 (*Milan 1-2*)
 - You Broke it, Let's fix it: Cheer Rules Level 4 (*Marche 1-3*)
 - Creating a Culture of Loyalty & Longevity (*Molise 4*)
 - Coaching Athletes of Today (*Molise 2*)
 - Age of Readiness (Dance Curriculum) (*Modena 1-3*)
 - STUNT 101 (*Milan 6*)
- 3:40 pm-4:30 pm Session VII: Class Offerings
- Tumbling Level 1 (*Milan 3-5*)
 - Name that Level: Test your Stunt Rules Knowledge (*Milan 7-8*)
 - Conditioning by the Levels - Levels 4 & 5 (*Milan 1-2*)
 - You Broke it, Let's Fix it: Cheer Rules Level 2 (*Marche 1-3*)
 - Attracting New Clients to All Star (*Molise 2*)
 - Control Your Business Systems, Control Your Life (*Molise 4*)
 - Pirouette Concepts (Dance Curriculum) (*Modena 1-3*)
- 4:40 pm-5:30 pm Session VIII: Class Offerings
- Tumbling Level 4 (*Milan 3-5*)
 - Bend it Don't Break it: Inversions Levels 2 & 3 (*Milan 7-8*)
 - Conditioning by the Levels - Levels 1-3 (*Milan 1-2*)
 - You Broke it, Let's fix it: Cheer Rules Level 5 (*Marche 1-3*)
 - 50 Tips in 50 Minutes: Loyalty & Balance - Keeping Fun in your Program (*Molise 2*)
 - Marketing Magic: Inside & Outside Marketing Success (*Molise 4*)
 - Pom Concepts (Dance Curriculum) (*Modena 1-3*)
- 5:40 pm-6:30 pm Session IX: Class Offerings
- Tumbling Level 3 (*Milan 3-5*)
 - Bend it Don't Break it: Inversions Levels 4 & 5 (*Milan 7-8*)
 - Four Principles For Training (*Milan 1-2*)
 - You Broke it, Let's fix it: Cheer Rules Level 1 (*Marche 1-3*)
 - Membership Requirements & Policies (*Molise 2*)
 - Everything You Need to Know about the USASF Member Resources (*Molise 4*)
 - Jazz Concepts (Dance Curriculum) (*Modena 1-3*)
- 6:45pm-8:30 pm Owners Reception (*M Pavillion*)
- 8:45 -11:30 pm Attendee | Exhibitor Mixer (*M Pavillion*)

Saturday, August 5th: Regional Convention Day 2

8:30 am-10:45 am Advanced Leadership Training for Alumni of the IMPACT Workshops from 2016 (*Molise 5*)

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

- Tumbling: Level 5 & Specialty Passes (*Milan 3-5*)
- Level 5 Stunt Rules (*Milan 7-8*)
- Sports Psychology: Understanding Mental Blocks (*Milian 1-2*)
- You Broke it, Let's Fix it: Cheer Rules Level 3 (*Marche 1-3*)
- Age Targeted Marketing: 3 Steps to Success (*Molise 2*)
- Junior Staff: Developing from Within (*Molise 3*)
- Wellness Essentials Part I: Spotting What You Can't See (*Molise 4*)
- Athletes with Special Needs 101: The Basics (*Molise 1*)
- Contemporary | Lyrical Concepts (Dance Curriculum) (*Modena 1-3*)

11:00 am-12:15 pm Session XI: General Session & Keynote Speaker
All Star Cheer & Dance: The Gateway to Success in Life (Milan 6)

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

- **Group A:** Cheer Rules Updates for the 2017-2018 Season (*Milan 6*)
- **Group B & Special Needs Coaches:** Lunch Break - Deli Lunch Provided (*M Pavillion*)
- **Dance:** Working Lunch: Understanding the Dance Age Grid, Divisions & Categories - Creating Teams (*Molise 5*)

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

- **Group A:** Lunch Break - Deli Lunch Provided (*M Pavillion*)
- **Group B:** Cheer Rules Updates for the 2017-2018 Season (*Milan 6*)
- **Special Needs Coaches:** Getting Fit, Flexible & Having Fun (*Milan 3-5*)
- **Dance:** Head, Shoulders, Knees, and Toes (Dance Curriculum) (*Modena 1-3*)

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

- Sports Psychology Lab: Turning Mental Blocks into Stepping Stones (*Milan 3-5*)
- Bend it, Don't Break it: Releases Levels 1 & 2 (*Milan 7-8*)
- Jumps (*Milan 1-2*)
- Reading the Cheer Rules: A How To Guide (*Marche 1-3*)
- Retention: The Key to Building a Strong Foundation for Success (*Molise 2*)
- Techniques for Training Every Age Group (*Molise 3*)
- Special Needs: Scoring Philosophy (*Molise 1*)
- Hip Hop Concepts (Dance Curriculum) (*Modena 1-3*)

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

- Tumbling Level 2 (*Milan 3-5*)
- Bend it, Don't Break it: Releases Levels 3 & 4 (*Milan 7-8*)
- Athlete Assessment & Rx (*Milan 1-2*)
- Understanding the Cheer Glossary (*Marche 1-3*)
- Marketing: The Journey Not the Jacket (*Molise 2*)

- Positive Self Talk: As a Coach, Your Words Matter (*Molise 4*)
- Special Needs: Understanding & Managing Behaviors (*Molise 1*)
- You Broke it, Let's Fix it: Dance (Dance Curriculum) (*Molise 5*)

- 4:25 pm-5:15 pm Session XVI:
- National All Star Cheer & Dance Day: Learn the Dance! (*Milan 6*)
 - Tumbling Q & A (*Milan 3-5*)
 - Bend it, Don't Break it: Twisting Levels 1-4 (*Milan 7-8*)
 - Tosses & Dismounts: Levels 2-5 (*Milan 1-2*)
 - Business Builder: Prep Dance 101 (*Molise 2*)
 - Coaching with an Autonomy Supportive Environment (*Molise 4*)
 - Physics in Cheerleading: Apply the Principles (*Molise 3*)
 - Special Needs: Training Junior Coaches, Assistants & Buddies (*Molise 1*)
 - Dance Coaches' Round Table (Dance Curriculum) (*Molise 5*)
- 5:25 pm-5:45 pm Session XVII: Regional Convention Closing Session (*Milan 6*)
- 5:25 pm-9:30 pm Cheer Legality Official Training Part I (*Marche 1-3*)
Pre-registration required. Open to Cheer Safety Judging Candidates only. Candidates also required to attend select courses offered at the Regional Convention.

Sunday, August 6th: Post-Convention Workshops & Meetings

- 8:00 am -12 noon Cheer Legality Official Training Part II (*Marche 1-3*)
Pre-registration required. Open to Cheer Safety Judging Candidates only. Must also attend Part I on Saturday.
- 9:00 am-1:00 pm West REGIONAL CONNECT Meeting (*Molise 4*)
- 9:00 am-5:00 pm Level 6 Credentialing
- 9:00 am-5:00 pm Athlete Leadership Programs: BOLT & MARCH (*Molise 1-2*)
- 1:00 pm-6:00 pm Dance Legality Official Training (*Marche 1-3*)