



2017 Southeast Regional Convention July 21 & 22, 2017

CONVENTION LOCATION:

Renaissance Orlando at SeaWorld
6677 Sea Harbor Dr.
Orlando, FL 32821

Thursday, July 20th: Pre-Convention Workshops & Meetings

- 9:00 am-6:00 pm IMPACT Leadership Workshop - *Atlantis*
- 6:00 pm-9:00 pm Regional Advisory Board Meeting - *Oceans 2*
- 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 21st: 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 - *Oceans 2-3-4*
- 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 -Oceans 2&3
 - Group B: Exhibitor Networking - *Oceans 5-8*
- 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 - Oceans 2&3
 - Group A: Exhibitor Networking- *Oceans 5-8*
- 12:20-2:30 pm Working Lunch
For coaches who need to complete the Double Goal Coach ® course- Oceans 9
- 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) -
Atrium C&D
 - Group B: Choose from one of the Lunch Rotation Class Options
 - Cultivating All Star Excellence- *Oceans 4*
 - Business Builder: Preschool Curriculum- *Oceans 9*
 - Understanding the Cheer Age Grid- *Oceans 12*

Friday, July 21st: Regional Convention Day 1 - continued

- 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)-
Atrium C&D
 - Group A: Choose from one of the Lunch Rotation Class Options
 - Cultivating All Star Excellence- *Oceans 4*
 - Business Builder: Preschool Curriculum- *Oceans 9*
 - Understanding the Cheer Age Grid-*Oceans 12*
- 2:40 pm-3:30 pm Session VI: Class Offerings-
- Tumbling Foundations- *Oceans 9*
 - Building Blocks Levels 1-3- *Oceans 11*
 - Building Pyramids Levels 1-5- *Oceans 12*
 - You Broke it, Let's fix it: Cheer Rules Level 4- *Oceans 2*
 - Creating a Culture of Loyalty & Longevity-*Oceans 4*
 - Coaching Athletes of Today-*Oceans 3*
- 3:40 pm-4:30 pm Session VII: Class Offerings
- Tumbling Level 1- *Oceans 9*
 - Name that Level: Test your Stunt Rules Knowledge- *Oceans 11*
 - Conditioning by the Levels - Levels 4 & 5-*Oceans 12*
 - Your Broke it, Let's Fix it: Cheer Rules Level 2-*Oceans 2*
 - Attracting New Clients to All Star-*Oceans 4*
 - Control Your Business Systems, Control Your Life-*Oceans 3*
- 4:40 pm-5:30 pm Session VIII: Class Offerings
- Tumbling Level 4-*Oceans 9*
 - Bend it Don't Break it: Inversions Levels 2 & 3- *Oceans 11*
 - Conditioning by the Levels - Levels 1-3- *Oceans 12*
 - You Broke it, Let's fix it: Cheer Rules Level 5-*Oceans 2*
 - 50 Tips in 50 Minutes: Loyalty & Balance - Keeping Fun in your Program-*Oceans 4*
 - Marketing Magic: Inside & Outside Marketing Success-*Oceans 3*
- 5:40 pm-6:30 pm Session IX: Class Offerings
- Tumbling Level 3-*Oceans 9*
 - Bend it Don't Break it: Inversions Levels 4 & 5-*Oceans 11*
 - Four Principles For Training-*Oceans 12*
 - You Broke it, Let's fix it: Cheer Rules Level 1-*Oceans 2*
 - Membership Requirements & Policies-*Oceans 4*
 - Everything you need to know about the USASF member resources-*Oceans 3*
 - From All Star to the Pros- *Oceans 10*
- 7:00 pm-8:30 pm Owners Reception-*Oceans 5-8*
- 8:30-11:00 pm Attendee | Exhibitor Mixer- *Oceans 5-8*

Saturday, July 22nd: Regional Convention Day 2

8:30 am-10:45 am Advanced Leadership Training for Alumni of the IMPACT Workshops from 2016 - *Oceans 5&7*

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

- Tumbling: Level 5 & Specialty Passes-*Oceans 9*
- Level 5 Stunt Rules-*Oceans 11*
- Sports Psychology: Understanding Mental Blocks- *Oceans 2*
- You Broke it, Let's Fix it: Cheer Rules Level 3- *Oceans 4*
- Age Targeted Marketing: 3 Steps to Success- *Oceans 12*
- Junior Staff: Developing from Within-*Oceans 3*
- Wellness Essentials: Spotting What You Can't See- *Oceans 10*
- Athletes with Special Needs 101: The Basics- *Coral Ballroom A*

11:00 am-12:15 pm Session XI: General Session & Keynote Speaker
All Star Cheer & Dance: The Gateway to Success in Life- Oceans 6&8

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

- Group A: Cheer Rules Updates for the 2017-2018 Season-*Oceans 6&8*
- Group B & Special Needs Coaches: Lunch Break - Deli Lunch Provided-*Oceans 5&7*

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

- Group A: Lunch Break - Deli Lunch Provided- *Oceans 5&7*
- Group B: Cheer Rules Updates for the 2017-2018 Season-*Oceans 6&8*
- Special Needs Coaches: Getting Fit, Flexible & Having Fun-*Oceans 9*

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

- Sports Psychology Lab: Turning Mental Blocks into Stepping Stones- *Oceans 9*
- Bend it, Don't Break it: Releases Levels 1 & 2- *Oceans 11*
- Jumps-*Oceans 2*
- Reading the Cheer Rules: A How To Guide-*Oceans 4*
- Retention: The Key to Building a Strong Foundation for Success-*Oceans 12*
- Techniques for Training Every Age Group-*Oceans 3*
- Special Needs: Scoring Philosophy-*Coral Ballroom A*

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

- Tumbling Level 2- *Oceans 9*
- Bend it, Don't Break it: Releases Levels 3 & 4- *Oceans 11*
- Athlete Assessment & Rx- *Oceans 2*
- Understanding the Cheer Glossary-*Oceans 4*
- Marketing: The Journey Not the Jacket-*Oceans 12*
- Positive Self Talk: As a Coach, Your Words Matter-*Oceans 10*
- Special Needs: Understanding & Managing Behaviors-*Coral Ballroom A*

4:25 pm-5:15 pm Session XVI:
- National All Star Cheer & Dance Day: Learn the Dance!-*Oceans 6&8*
- Tumbling Q & A- *Oceans 9*
- Bend it, Don't Break it: Twisting Levels 1-4- *Oceans 11*
- Tosses & Dismounts: Levels 2-5- *Oceans 2*
- Business Builder: Prep Dance 101-*Oceans 12*
- Coaching with an Autonomy Supportive Environment- *Oceans 10*
- Physics in Cheerleading: Apply the Principles-*Oceans 3*
- Special Needs: Training Junior Coaches, Assistants & Buddies-
Coral Ballroom A

5:25 pm-5:45 pm Session XVII: Regional Convention Closing Session- *Oceans 6&8*

5:25 pm-9:30 pm Cheer Legality Official Training Part I- *Oceans 4*
Pre-registration required. Open to Cheer Safety Judging Candidates only. Candidates also required to attend select courses offered at the Regional Convention.

Sunday, July 23rd: 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 Southeast REGIONAL CONNECT Meeting

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

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