Thursday - Pre-Convention Events

I.M.P.A.C.T. Leadership Series
Separate registration and fee required.
8:00- 9:00 am  Registration & Check-in
9:00 am-6:00 pm Leadership Training, Lunch Included

J.U.M.P. Start Program for gym owners
Separate registration required. No fee for owners attending Regional Convention
6:00-6:30 pm  Registration & Check-in
6:30-9:00 pm  J.U.M.P. Start Program

Regional Advisory Board Meetings
Members of the Regional Advisory Board are selected via an application process. Contact Regional Director for details.
2:00-5:00 pm  Cheer Regional Advisory Board Meeting
7:00-8:30 pm  Dance Regional Advisory Board Meeting

Regional Convention Attendees
1:00-9:00 pm  Cheer Credentialing by appointment (pre-registration required)
7:00-9:00 pm  Early Check-in for Regional Convention Attendees

Friday - Regional Convention (Day 1)

8:00-8:45 am  Registration & Check-in

9:00-10:10 am - Session 1: Round Robin Rotation 1
Group A - USASF Insider
Group B - Positive Coaching Alliance. Double Goal Coach ® Part 1
Group C - Exhibitor Hall

10:20-11:10 am - Session 2: Round Robin Rotation 2
Group C - USASF Insider
Group A - Positive Coaching Alliance. Double Goal Coach ® Part 1
Group B - Exhibitor Hall

11:20 am-12:10 pm - Session 3: Round Robin Rotation 3
Group B - USASF Insider
Group C - Positive Coaching Alliance. Double Goal Coach ® Part 1
Group A - Exhibitor Hall
12:20-1:20 pm - Session 4
Group 2 - Positive Coaching Alliance, Double Goal Coach ® Part 2
Group 1 - Boxed Lunch (provided)

*Working Lunch Class options for attendees assigned to Group 1:*
Option 1: Get Your Stretch On!
Option 2: Business Smarts

1:30-2:30 pm - Session 5
Group 1 - Positive Coaching Alliance, Double Goal Coach ® Part 2
Group 2 - Boxed Lunch (provided)

*Working Lunch Class option for attendees assigned to Group 2:*
Option 1: Level 6 Rules

2:40-3:30 pm - Session 6
Owner’s Only Shop Talk with the Featured Speaker
Credentialing 101
Coaching Tips & Tricks: Engaging Practices that Motivate Athletes
Building: Twisting Stunts I (Rules Based Demos)
Tumbling Pre Skills: Foundational Safety-based Tumbling
Pom Progressions
Marley vs. Spring Floor
Level 6 Credentialing Course - Part 1: Stunts

3:40-4:30 pm - Session 7
USASF Gym Certification: Can you make the cut?
Level 1: You Broke it - Let’s Fix it
Building: Stunt Inversions (Rules Based Demos)
Tumbling: Level 1 (Rules Based Demos)
Hip Hop Progressions
Pom: From Cheer to Dance
Level 6 Credentialing Course - Part 2: Pyramids

4:40-5:30 pm - Session 8
Featured Speaker Class Session - Title TBA
Business Builder: Preschool Curriculum
Building: Stunt Release Moves (Rules Based Demos)
Tumbling: Level 2 Tumbling (Rules Based Demos)
Jazz Progressions
Copyright Law & All Star Music
Level 6 Credentialing Course - Part 3: Tosses
Leading your Organization: Developing a Positive Coaching Culture - Part 1 *presented by Positive Coaching Alliance*

5:40-6:30 pm - Session 9
Level 2: You Broke it - Let’s Fix it
Strategies for Coaching (Debbie Love)
Building: Stunt Dismounts (Rules Based Demos)
Jump Like a Texan
Pirouettes
Adding Dance to your Cheer Program
Level 6 Credentialing Course - Written Exam Time
Leading your Organization: Developing a Positive Coaching Culture - Part 2 *presented by Positive Coaching Alliance*
6:45-8:15 pm  Testing Period (if selected)
Proctored Exam Time for Dance Emphasis Testing
Level 6 Practical Exam Testing

7:00-8:30 pm  Owners Only reception (Exhibit Hall)
All Others Attendees: Dinner Break

8:30-11:30 pm  Attendee & Exhibitor Mixer: Keep Calm & Party On (Exhibit Hall)

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**Saturday - Regional Convention (Day 2)**

9:00-9:50 am - Session 10 (Early Bird Offerings)
Turning Mental Blocks into Stepping Stones (Dr. Russell Kennedy)
Supercharging your Business Strategies (Frank Sahlein)
Level 3: You Broke it Let’s Fix it
Building: Twisting Stunts II (Rules Based Demos)
Tumbling: Specialty Tumbling Skills (Rules Based Demos)

9:00-11:30 am - Extended Early Bird Session
Do you see what I See? (Dance Directors)

10:00-11:30 am - Session 11
How to Build a Championship Cheer Program
*Featured Speakers:*
  - **Midwest:** Elaine Pascale & Joelle Antico (World Cup)
  - **Southeast:** Darlene Fanning & Shannon Young (ICE)
  - **Northeast:** Kristen & Victor Rosario (Top Gun)
  - **Southwest:** Tara Cain (Maryland Twisters)
  - **West:** Angela Rogers (Cheer Athletics)

11:45 am-12:35 pm - Session 12
Group 1 - Buffet Lunch (provided)
Owners Only Lunch with RD (all owners and dance attendees will be assigned to group 1)
Group 2 - Rules Slate Preview
Class Option: Understanding the Glossary (required for Safety Judge candidates)

12:45-1:35 pm - Session 13
Group 2 - Buffet Lunch (provided)
Group 1 - Rules Slate Preview
Class Options:
  - Floor Barre (Dance)
  - Focus on the Feedback (Dance)

1:45-2:35 pm - Session 14
All Star Rules Slate: Let’s talk about the proposals
*Featured Speaker Class Session* - Title TBA
Building: Twisting Stunts 1 (Rules Based Demos)
Tumbling: Level 3 (Rules Based Demos)
Building: Assessment & Rx
Special Needs Course 101
Do This Not That (Dance)
Play by Play vs Color Commentary - Dance Critiques
2:45-3:35 pm - Session 15
Building: Stunt Inversions (Rules Based Demos)
Tumbling: Level 4 (Rules Based Demos)
Building: Pyramid Rules
Special Needs: Getting Fit, Flexible & Having Fun
Core Blast
Leveling your Teams: Athlete Assessment Tools
Resilience not Perfection: Sports Psychology Strategies & Tactics (Dr. Russell Kennedy)
Athlete Development: Tools for Character Development & Connecting with Athletes

3:45-4:35 pm - Session 16
Featured Speaker Class Session - Title TBA
Building: Stunt Release Moves (Rules Based Demos)
Tumbling: Mastering the Full
Building: Basket Tosses
Let's Grow All Star
Special Needs: Understanding & Managing Behaviors
Age of Readiness - Progressions for Dance
American Dance Classics: Jazz, Contemporary & Lyrical

4:45-5:35 pm - Session 17
Building: Dismounts (Rules Based Demos)
Tumbling: Level 5 (Rules Based Demos)
Building: Q & A
Special Needs Round Tables
Winner's Circle: Building a Championship Dance Team
Business Resources: The Owners A to Z Guide & Other Helpful Tools
Learn the National All Star Cheer & Dance Day official routine

5:45-6:00 pm THAT'S A RAP!: Meeting Closing Session with Regional Director

Sunday - Post-Convention Events

B.O.L.T. (Bettering Our Leaders of Tomorrow)
For athletes entering the 9th-12th grades. Registration and fee required.
8:00-9:00 am Registration & Check-in
9:00 am-5:00 pm Leadership Training, Lunch Included
10:00 am-1:00 pm Special Session POWER OF US for Parents of Attendees of B.O.L.T.
(The parent session is optional and there is no additional charge for parents of B.O.L.T. attendees)

Dance Legality & Safety Judge Training
Separate registration form and fee required.
8:30-9:00 am Registration & Check-in
9:00 am-3:00 pm Dance Legality & Safety Judge Training
(Lunch Break, on your own)
The research and experiences of great coaches across the country is clear: Positive is Powerful. In this highly interactive two-hour 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 your 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 Scoreboard Results); and
- Honor the Game.

In addition to advice from pro coaches, workshop content comprises:

- Research-based insights from experts in coaching, education and sports psychology
- Hands-on training in field-tested practical, proven tips tools that coaches can implement simply – but with profound results
- The application of PCA tools and principles through specific scenarios to equip coaches to handle common challenges in youth sports.

Creating a positive, character-building youth or high school sports experience requires organizational leaders committed to creating and maintaining a Development Zone™ for developing “Better Athletes, Better People.” This workshop helps your leadership team do exactly that.

One key outcome of the workshop is a written action plan for your leadership team, created with the guidance of the PCA Trainer (workshop facilitator), specific to the needs and circumstances of your organization and the population it serves. Throughout the workshop, and reflected in the action plan, is an emphasis on PCA’s “Single-Goal” Leader model, in which shaping the culture of your organization is the primary task of your leadership team.

Along the way, your team also should:

- Align around a common vision for your organizational culture
- Recognize strengths and growth opportunities that can contribute to or detract from achieving the group’s vision
- Identify tasks necessary to complete in pursuit of the vision and determine which leaders are responsible for completing those tasks.

Leaders attending this workshop will receive the book Developing Better Athletes, Better People: A Leader’s Guide to Transforming High School and Youth Sports into a Development Zone.