



Iowa Cheerleading Coaches' Association's
SPRING COACHES' CONFERENCE

JUMP START!!!

Friday, April 16, 2021

Saturday, April 17, 2021

9:00 a.m. to 4:30 p.m.

The Meadows Hotel and Conference Center
Prairie Meadows Altoona, Iowa

RALLY, REVITALIZE, and RECHARGE!!

NATIONAL SPEAKERS

Jim Lord - Director of Education and Programs, USA Cheer. USA Cheer Safety & Risk Management Course (also known as AACCA) is the nation's #1 educational course for cheer.

Stan Tabor - National Cheerleaders Association Instructor and Arkansas State Director. His high energy is just what cheer coaches in Iowa need as we all power up for a new cheer year!

Danelle Langeneckert -- The St. Ambrose University Spirit and Dance Coach, Langeneckert has years of experience as a dance and cheer performer, instructor and coach.

ADDITIONAL FEATURED SPEAKERS

Rob Langeneckert - Personal Certified Trainer and Strength and Conditioning Coach

Jordan Mix and Becky Ritland - Iowa Safe Schools

Heather Edrozo and Amanda Ramirez - Behavioral Health Intervention Specialists

ICCA Board Members **Bethany Brink, Sarah Buss, Tami Doyle,**

Jeanne Ehn, Kenna Johnson, and Cindy Pangburn

CHARGE UP YOUR PROGRAM!!!

College Recruiting ✪ Diversity & Inclusion ✪ Drills & Games for Your Cheerleaders ✪
Game Day Choreography ✪ Effective Practices ✪ Coach RE-Energizing
Working with Parents and Administration

Intermediate & Advanced Stunting ✪ Jump Strengthening ✪ Stunting Basics
Organizing Your Program ✪ Taking Care of Our Mental Health ✪ Wrestling Cheer
Spotting & Safety ✪ Team Building ✪ College Recruiting

PLUS!!! New NFHS Rules and "Return to Play" Protocols

FRIDAY EVENING SPECIAL

USA Cheer Safety & Risk
Management Course
with Jim Lord
6:00-8:30 p.m.

Just \$35 for Coaches
(IHSAA covers the rest!!)

Register ONLINE -- www.iccaforms.org

Now through April 8, 2021

One-day, in-person Spring Coaches' Conference -- \$80

Sign up for your 2021-2022 ICCA Membership too! \$45

Payments can be made by check or credit card.

(No purchase orders accepted.)

***Due to Covid restrictions, numbers for both Conference
and "AACCA" are limited.***

**** Don't forget your DONATIONS!**

**** Pop Tabs for Ronald McDonald House or Used Glasses for the Lions Club of Iowa**

