

The same schedule will be followed both Friday, April 16, and Saturday, April 17.

- 8:00 a.m. Registration Opens -- The Meadows Lobby
- 9:00 a.m. **SIDELINE CHEERING** -- Jim Lord (Bishop Salons 1-2)
(#) **SO YOU'RE COACHING CHEERLEADING** -- Kenna Johnson (Skinner A)
KILLER CHOREOGRAPHY FOR PERFORMANCE ROUTINES -- Stan Tabor (Skinner C)
- 9:45 a.m. **GENERAL MEMBERSHIP MEETINGS** (Please remain in 9:00 session rooms)
- 10:00 a.m. **INTERMEDIATE & ADVANCING STUNTING** -- Danelle Langeneckert (Bishop A&B)
(#) **ORGANIZING YOUR CHEER PROGRAM** -- Cindy Pangburn & Bethany Brink (Skinner A)
STRENGTH & CONDITIONING -- Rob Langeneckert (Skinner B)
- 11:00 a.m. **SUPPORTING LGBTQ ATHLETES: POLICY CONSIDERATIONS FOR COACHES**
Jordan Mix/Becky Ritland (Bishop Salons 1-2)
(#) **WORKING WITH PARENTS AND ADS -- AN OLD SCHOOL APPROACH**
Jeanne Ehn (Skinner A)
JUMP STRENGTHENING -- Rob Langeneckert (Skinner C)

11:45-1:15 Coaches will rotate between:

- Lunch with Lunchtime Conversation -- **COLLEGE RECRUITING** -- Danelle Langeneckert
- VENDOR TIME
- **NEW NF RULES and RETURN TO PLAY** -- Jim Lord

ICCA Board Members will guide you to designated areas during specific time slots.

- 1:15 p.m. (#) **STUNTING BASICS** -- Jim Lord (Bishop A&B)
DRILLS & GAMES: A CHEER BUFFET-- Stan Tabor (Skinner B)
TAKING CARE OF YOUR MENTAL HEALTH -- Amanda Rivera and Heather Edrozo (Skinner C)
- 2:15 p.m. (#) **PRACTICE TIME: SALVAGE YOUR SECONDS** -- Stan Tabor (Bishop Salons 1-2)
TEAM BUILDING -- Danelle Langeneckert (Skinner A)
STRENGTH AND CONDITIONING -- Rob Langeneckert (Skinner C)
- 3:10 p.m. **WHAT YOU NEED TO KNOW ABOUT WRESTLING CHEER** -- Tami Doyle (Skinner C)
COACH RE-ENERGIZING -- Sarah Buss (Bishop Salon 3)
TIME OUTS:LOOKING GOOD AT GAMES AND COMPETITION -- Stan Tabor (Skinner B)
- 3:45 p.m. **INTERMEDIATE AND ADVANCED STUNTING** -- Danelle Langeneckert (Bishop A&B)
DRILLS & GAMES: A CHEER BUFFET (FRIDAY ONLY)-- Stan Tabor (Bishop Salons 1-2)
ICCA Q&A (SATURDAY ONLY) -- ICCA Board (Bishop Salons 1-2)
(#) **SPOTTING AND SAFETY** -- Jim Lord (Skinner A)

(#) = Recommended for New Coaches