



**2025 ICCA SPRING
COACHES' CONFERENCE**

GROW
With Us

FRIDAY, APRIL 4 – SATURDAY, APRIL 5

**HILTON GARDEN INN
8600 NORTHPARK DRIVE
JOHNSTON, IOWA**

2025 ICCA Spring Coaches' Conference

GROW WITH US!

Friday, April 4, 2025

Educational Courses

USA Cheer Safety & Risk Management (Formerly AACCA)

Jim Lord, USA Cheer Director of Education & Programs, Instructor

9:00 a.m. - 12:00 p.m.

Cost is \$75 (IHSAA will pay \$40. Coach's cost is \$35)

This course is the best fundamental cheerleading safety course in the nation. Coaches must recertify every four years. Take advantage of the great price. A test to complete the course will be taken online at the coach's convenience after instruction. Check the website for more information.

Stunt Progressions

JoEllen Wesselmann, Instructor

1:00 p.m. to 3:00 p.m.

Cost is \$35 (IHSAA will pay \$20. Coach's cost is \$15)

This course teaches basic to advanced stunts in a safe, progressive manner. This is a hands-on class. Dress ready for participation. Strongly recommended for new coaches.

Advanced Tumbling Teaching

Amy Meyers and Dan Hocken, TRIBE, Instructors

2:00 p.m. to 3:00 p.m.

Cost is \$10

Please note: Coaches must have athletes at the Back Handspring Level or higher to participate in this class.

Amy and Dan will go through drills, progressions, and teaching cues for Back Handsprings and Tucks, and answer any questions you have about any other skills. We'll utilize minimum mats and be conscious of the space and tools available to the high school coaching community, but our goal is to help you safely help your cheerleaders be their best to lead the crowd at games and help your scoresheet at competitions.

Basic Tumbling Spotting

Amy Meyers and Dan Hocken, TRIBE, Instructors

3:15 p.m. to 4:00 p.m.

Cost is \$10

In our Basic Tumbling Spotting Class, Amy and Dan will talk through tumbling fundamentals and drills and spotting that coaches can use with their athletes at all levels. We'll work through the basics of handstands, back bends, walkovers, and talk about strength and flexibility for introducing athletes safely to tumbling utilizing minimal mats. All coaching levels are welcome.

ADD-ON CLASS REGISTRATION TIMES

USA Cheer Safety with Jim - 8:00-8:30 a.m.

Stunt Progressions with JoEllen – 12:30-1:00 p.m.

Advanced Tumbling with TRIBE - 1:30-2:00 p.m.

Basic Tumbling with TRIBE – 2:45-3:15 p.m.

VENDOR TIME

Come check out the variety of vendors any time in the afternoon!!

Friday Evening Banquet - Garden Party

6 o'clock in the evening, **BALLROOM, Hilton Garden Inn**

Banquet seating and cash bar opens at 5:30 P.M.

**“Flowers Always Make People Better, Happier and More Helpful;
They are Sunshine, Food and Medicine to the Soul.”**

~ Luther Burbank

“To Plant a Garden is to Dream of Tomorrow.”
~ Audrey Hepburn

ICCA will be gathering items for the TEENS in the hospital programs listed below:
Child Life - Blank Children’s Hospital, Des Moines
University of Iowa Children’s Hospital, Iowa City

- Water Bottles & Tumblers
- Adult Coloring Books
- Paint/Color by Number Books
- Crochet Kids
- Sketch Pads
- Gift Cards
- Press-on Nail Kits
- * Clay Bead Sets
- * Hats (Carhartt brand)
- * Lego Flower Kits
- * Adult” Puzzles
- * Decorative Duct Tape
- * Socks

PLEASE NOTE: ALL ITEMS MUST BE NEW and should not be gift wrapped. You may also shop the Amazon Wish Lists for the respective programs and have items shipped directly to the hospital.

University of Iowa Amazon Wish List: https://www.amazon.com/hz/wishlist/ls/3PFSKIY7EWUJJ/ref=nav_wishlist_lists_1?_encoding=UTF8&type=wishlist



Saturday, April 5, 2025

Breakfast on your own. (Breakfast provided for Hilton Garden Inn guests.)

“To See Things in the Seed....That is Genius.”
~ Lao Tzu

Iowa Speakers

- Dana Logan** – 2025 ICCA Coach of the Year, Ames
- Jordan Sytsma** – ICCA At-Large Representative, Gilbert
- JoEllen Wesselmann** – ICCA Trustee and 2025 ICCA Contributor of the Year
- Taylor Anderson** – Iowa Girls’ High School Athletic Union
- Amy Meyers & Dan Hocken** – TRIBE Athletics

National Speakers

- **Abby DeThorne** – A native of Wisconsin, Abby started cheering on a local all star team, then went on to cheer at the University of Minnesota. She now works as the University of Minnesota team coach and is the Varsity Spirit State Director for Minnesota, Wisconsin, Iowa, and the Dakotas.
- **Jim Lord** – USA Cheer & Stunt Director of Education and Programs – Jim has been involved in cheerleading since 1984 as a head cheerleader at Texas Christian University and the University of Kentucky, as a coach and choreographer of high school and college programs. Jim has presented at coaches conferences in over 50 states and countries....and we are happy he continues to visit us in Iowa!!!

“In Seed Time, LEARN. In Harvest, TEACH. In Winter, ENJOY.”
~ William Black

Tentative Conference Sessions:

- ✿ Choreo to Comp Time ✿ Coaching Outside “Just Skills” ✿ Community Involvement
- ✿ Getting What You Deserve as a Coach ✿ ICCA Events and Registration ✿ Iowa Girl
- ✿ Lowering Your Coaching Liability ✿ Motions ✿ Preps to Extensions ✿ Pyramids
- ✿ Scoresheet Breakdown ✿ Sideline Cheering ✿ Single Leg Stunts ✿ Stretching and Conditioning
- ✿ Twists and Full Ups ✿ PLUS: New NFHS Rules!!

Register ONLINE on the ICCA website: February 15 - March 22, 2025

To register online, go to <https://iowacheercoaches.ryzerevents.com/>

To simplify the membership and registration process, all coaches should be registered online at the same time.

Conference Costs

Register for the conference ONLINE anytime between
February 15, through March 22, 2025
ONLINE REGISTRATION ONLY!

<https://iowacheercoaches.ryzerevents.com/>

REGISTRATION & MEMBERSHIP FEES

\$125 Conference Registration Fee

(Conference Fees include Friday night banquet and Saturday lunch.)

NOTE: Membership must be paid prior to registering for the Conference.

\$50 ICCA Membership Fee for the 2025-2026 school year

(Each school needs one membership to cover all coaches..)

ADD-ON COURSE FEES

- \$35 – USA Cheer Safety and Risk Management (\$75 course: coach pays \$35 and IHSA pays \$40.)
 - \$15 – Stunt Progressions (\$35 course: coach pays \$15, IHSA pays \$20.)
 - \$10 – Advanced Tumbling Teaching
 - \$10 – Basic Tumbling Spotting

OTHER FEES – \$25 late fee after March 22, 2025

(If registering after March 22, you must contact one of the ICCA Executive Directors.)

CANCELLATIONS after March 22, 2025, will still be charged a **\$75** cancellation fee per registered coach due to hotel costs. No refunds will be issued for cancellations made after March 28, 2025.

PAYMENT OPTIONS

1. **Credit card** payment at online registration. (Prices in the online system reflect the additional credit card fees.)
2. **School Check:** ICCA prefers one check from the school for membership and registrations.
3. **Personal Check:** If necessary, a personal check may be written. There will be a \$50 service charge for all returned checks. We will provide a receipt upon request.
4. **NO PURCHASE ORDERS WILL BE ACCEPTED.**

**** Additional Registration Information is available on the ICCA website!!!**

IF PAYING BY SCHOOL CHECK:

- AFTER REGISTERING ONLINE and double checking coach information, send a copy of the Online Registration Confirmation and Payment to:
ICCA/Kenna Johnson, P.O. Box 14, Winterset, IA 50273
- Payment must be received by March 22, 2025, to avoid late fees.

Conference Fees do NOT include HOTEL costs.

A block of rooms has been reserved for the ICCA Conference at

Hilton Garden Inn, 8600 Northpark Drive, Johnston, Iowa

Go to the ICCA website for the hotel link or call the hotel directly (515) 270-8890.

The room block will be released to the public on March 19, 2025.