

ICCA Spring Coaches' Conference

Hilton Garden Inn * Johnston, Iowa

FRIDAY, APRIL 4, 2025

8:30 - 9:00 a.m. – Registration for Conference and Morning Add-On Classes
Lobby

9:00 a.m.- NOON – Add-On Class: USA Cheer Safety and Risk Management, *Jim Lord*
Ballroom 1

Lunch is on your own.

12:30 - 2:30 p.m. – Registration for Conference and Afternoon Add-On Classes
Lobby

1:00 - 3:00 p.m. – Add-On Class: Stunt Progressions, *JoEllen Wesselmann*
Ballroom 1

2:00 - 3:00 p.m. – Add-On Class: Advanced Tumbling, *Amy Meyers and Dan Hocken, TRIBE*
Garden Room

3:15 - 4:00 p.m. – Add-On Class: Basic Tumbling Spotting, *Amy Meyers and Dan Hocken, TRIBE*
Ballroom 1

Visit with Vendors in the Lobby: 10:00 a.m. to 5:00 p.m.

5:30 p.m. Banquet Seating Opens with Cash Bar (No outside beverages allowed.)
Ballrooms 1, 2, and 3

6:00 p.m. GROW WITH US! ICCA Banquet and Awards
Ballrooms 1, 2, and 3

SATURDAY, APRIL 5, 2025

Breakfast is on your own. Attire is Casual. Hotel Check Out is on your own.

8:00 - 8:45 a.m. Promoting the 'Iowa Girl', *Taylor Anderson, IGHS AU*
Garden Room

Community Involvement, *Jordan Sytsma*
Ballroom 1

10 Things Coaches Do Wrong and How to Avoid Them, *Jim Lord*
Ballrooms 2 and 3

9:00 - 9:45 a.m. ICCA Scoresheets and Judging, *Melissa Hatfield and Maddie Mueller, TRIBE*
Garden Room

Twists and Full Ups, *Abby DeThorne*
Ballroom 1

The Art of Sidelines Cheering, *Jim Lord*
Ballrooms 2 and 3

10:00 - 10:45 a.m. Stretching and Conditioning, *Jim Lord*
Garden Room
Pyramids, *TRIBE Staff*
Ballroom 1
The Ins and Outs of ICCA, *Kenna Johnson and Paula Kirkpatrick*
Ballrooms 2 and 3

11:00 - 11:30 a.m. **General Membership Meeting**
Ballrooms 2 and 3

11:30 a.m. - 12:45 p.m. **Lunch, Vendor Time**
Ballrooms 2 and 3

1:00 - 1:45 p.m. Getting What You Deserve, *Dana Logan and Jordan Sytsma*
Garden Room
Prep to Extension Stunts, *Abby DeThorne*
Ballroom 1
Coach the Kid, Then Coach the Kid, *TRIBE Staff*
Ballrooms 2 and 3

2:00 - 2:45 p.m. Lowering Your Liability Through Progressions and Spotting, *Jim Lord*
Garden Room
Single Leg Stunts, *Abby DeThorne*
Ballroom 1
Jumps, *TRIBE Staff*
Ballrooms 2 and 3

3:00 - 3:45 p.m. From Choreography to the Competition Floor, *TRIBE Staff*
Garden Room
Twists and Full Ups, *Abby DeThorne*
Ballroom 1
Bring Back the Motions!, *Jim Lord*
Ballrooms 2 and 3

3:45 pm. Fun, Games, and Door Prizes!!
Ballrooms 2 and 3