

**2026 ICCA SPRING
COACHES' CONFERENCE**

Coaches,
START YOUR

ENGINES

FRIDAY, APRIL 10 - SATURDAY, APRIL 11

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

2026 ICCA Spring Coaches' Conference

COACHES, START YOUR ENGINES!!

Friday, April 10, 2026
Educational Courses

STUNT PROGRESSIONS

Jordan Sytsma, Instructor

8:30 a.m. to 10:30 a.m.

Cost is \$25 (IHSAA will pay \$10. Coach's cost is \$15.)

This session will focus on how to safely build stunt progressions that help athletes gain confidence and master skills step by step. Coaches will walk away with practical drills, teaching tips, and progressions they can easily implement in their own programs. Whether you're newer to coaching or looking to refresh your approach, you'll leave with ideas you can use right away.

GROWING YOUR PROGRAM

Morton Bergue, Instructor

9:30 a.m. to 10:30 a.m.

Cost is FREE!! (Coaches must register beforehand.)

All programs need to grow to become bigger and better. This session will give you the "do's and don'ts" that you need to know, inside your program, that may be hindering your program growth. Plus some advertising and fundraising ideas.

POSITIVE BODY IMAGE

Annie Brees, Instructor

11:00 a.m. to 12:00 p.m.

Cost is FREE!! (Coaches must register beforehand.)

Annie Brees co-founded Balance365 in 2015 and has spent more than sixteen years in the fitness and health space. In a world full of extremes, she has coached thousands of women toward a more balanced approach to health—one that emphasizes self-respect, body acceptance, and long-term consistency.

NEW COACH BOOTCAMP

Kenna Johnson, Instructor

1:00 P.M. to 3:30 P.M.

Cost is \$25 (IHSAA will pay \$10, Coach cost is \$15.)

Coaching cheerleading is different from being a cheerleader. This course is designed to help coaches understand the many challenges one may face when taking over a cheer program. IHSAA recommends this course for all **new coaches** or those going into their second year in 2026-2027!

INVERSIONS

Bill Ahern, Instructor

1:00 p.m. to 2:30 p.m.

Cost is \$15

PYRAMIDS

Bill Ahern, Instructor

2:45 p.m. to 4:00 p.m.

Cost is \$15

HANDS-ON CHEER DANCE CLASS

Morton Bergue, Instructor

3:30 p.m. to 4:30 p.m.

Cost is FREE!!!

Get your workout clothes on and be ready to sweat and have a lot of fun learning a 4-6 eight count cheer dance you can use all year!



ADD-ON CLASS REGISTRATION TIMES

Stunt Progressions with Jordan - 8:00-8:30 a.m.
Growing Your Program with Morton – 9:00-9:30 a.m.
Positive Body Image with Annie – 10:30-11:00 a.m.
New Coach Bootcamp with Kenna – 12:30-1:00 p.m.
Inversions with Bill - 12:30-1:00 p.m.
Pyramids with Bill - 2:15-2:45 p.m.
Hands-On Cheer Dance with Morton – 3:00-3:30

VENDOR TIME

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

Friday Evening Banquet - "Spark Plugs and Sparkle"

6 o'clock in the evening, **BALLROOM, Hilton Garden Inn**
Banquet seating and cash bar opens at 5:30 P.M.

Saturday, April 11, 2026

Breakfast on your own.

Breakfast is available at the hotel. Continental (Cold) breakfast is \$8.95 plus tax and gratuity. Full Menu breakfast is \$12.95 plus tax and gratuity.

Make A Quick Pit Stop for Others

In an attempt to bring comfort and CHEER to the families at the above listed hospitals, ICCA will be gathering items for the following organizations:

ChildServe and Ronald McDonald Houses – Des Moines & Iowa City

ChildServ is in need of the following: Play-dough and play-dough sets; craft supplies such as paint brushes, paint sets, paper, coloring books for younger children, craft paper, and colored pencils; board books; Hasbro games (such as Candy Land); and Magnatiles.

Ronald McDonald Houses are in need of the following: Paper towels, toilet paper, large paper plates, plastic silverware, kitchen sponges, aluminium foil, sandwich baggies, deodorant, dental floss, toothpaste, soap.



VICTORY LANE
Iowa Speakers



Kaily Walsh – 2026 ICCA Coach of the Year, Ballard

Jordan Sytsma – ICCA At-Large Representative, Gilbert

Kaylee Brugioni and Alyssa Howlett – Ankeny Centennial High Cheer Coaches

Angie Damman – ICCA At-Large Representative, East Marshall

Michelle McCann – ICCA Honor Squad Director, Center Point Urbana

Kenna Johnson – ICCA Executive Director

National Speakers

- **Bill Ahern** – A cheerleader and graduate of the University of Kentucky, Bill has worked for Varsity and UCA for 38 years. Much of his focus has been spent on training instructional staff and curriculum for summer camps; however, he has also spent a great deal of time and attention to judges' training, along with safety and deduction officials. Bill has worked with the NFHS on their safety manual for more than 15 years and with USA Cheer on their safety initiatives and the development of STUNT.
- **Morton Bergue** – The President of Cheergyms.com, Inc., Morton serves as the Chairman of the National All Star Connection (NASC). In 2011 and 2015, he was the head choreographer for the Macy's Thanksgiving Day Parade, as well as serving as a dance and cheer clinician nationally and internationally.

GEAR UP for Greatness!! Sessions will cover the following topics:

- Cleaning Your Routine • Division Decision • Drama & Boundaries • Entrances, Exits & Transitions • Head & Assistant Coaches Working Together • Jumps & Jump Technique • NFHS Rules Specific to Pyramid Skills • Perfect Practice •
- Planning Your Year • Release Skills • State Championship Scoresheets & Rubrics • Sharp Motions • Spinning Skills • Stunt Technique • Team Bonding • What Judges are Looking For • Wrestling • PLUS ICCA ROUND TABLES!!!

Register ONLINE on the ICCA website: February 16 - March 20, 2026

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 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 20, 2026.

Conference Costs

Register for the conference ONLINE anytime between

February 16, through March 20, 2026

ONLINE REGISTRATION ONLY!

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

REGISTRATION & MEMBERSHIP FEES:

- \$125 Conference Registration Fee **

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

- \$50 ICCA Membership Fee for the 2026-2027 school year **

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

**** IF PAYING BY CREDIT CARD, CREDIT CARD FEES WILL BE APPLIED AT CHECK OUT.**

ADD-ON COURSE FEES:

- \$15 - STUNT PROGRESSIONS (\$25 course: coach pays \$15 and IHSAA pays \$10.)
- FREE – GROWING YOUR PROGRAM
- FREE – POSITIVE BODY IMAGE
- \$15 – NEW COACH BOOTCAMP (\$25 course: coach pays \$15, IHSAA pays \$10.)
- \$15 – INVERSIONS
- \$15 – PYRAMIDS
- FREE – HANDS-ON CHEER DANCE CLASS

OTHER FEES – \$25 late fee after March 20, 2026

(If registering after March 20, you must contact Kenna Johnson, ICCA Executive Director.)

CANCELLATIONS after the registration deadline will still be charged the \$50 ICCA membership fee and a \$50 cancellation fee per registered coach because of hotel costs.

PAYMENT OPTIONS: (One check payable to ICCA)

1. **Credit card** payment at online registration. (Credit Card Fees will be applied at Check Out.)
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.**

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 25, 2026, 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 20, 2026.