



The USASF National Meeting 2021 will provide exciting opportunities for members at every level to connect with others who are passionate about All Star Cheer and Dance. The National Meeting is where you'll build valuable relationships, learn from top leaders, pick up new skills, techniques and ways to take your program to the next level. We'll discover how powerful it is when the All Star community comes together to be a part of the best event to learn, connect and celebrate. Thinking about joining us at the 2021 National Meeting? Here are three reasons why we think you should!



for Coaches to attend the USASF National Meeting

July 24-25, 2021 • Charlotte, NC

1

MIND, BODY & DRILLS TO SKILLS

Curated and presented exclusively for coaches by our **LEGENDS OF ALL STAR**. Join the masters of the industry as they demonstrate and discuss:

- **LEGALITIES OF GRIPS, CONNECTIONS AND TRANSITIONS.** *We'll cover and demonstrate rules, safety, skills and progressions in a fun, interactive environment.*
- **COACHING STRATEGIES** *Adapting your coaching style to fit the individual needs of your athletes.*
- **WHAT'S THE ISSUE?** *Methods for solving physical and emotional blocks to athlete success.*
- **ANALYSIS PARALYSIS** *Breaking the barriers for ultimate performance.*
- **MASTER YOUR CRAFT** *Developing your professional skills to become a better and more independent coach.*
- **POSITIVE REINFORCEMENT COACHING** *Using mindfulness and positivity to motivate and build confidence in athletes on and off the floor.*
- **BUILDING SUCCESSFUL TEAMS** *Creating your best teams for the score sheet and developmental success.*
- **RUNNING EFFECTIVE PRACTICES** *Training, motivating and preparing your athletes for competition.*

2

Catch the latest trends, products, uniforms and swag at the **ALL STAR EXPERIENCE EXPO**.

3

Creative energy happens **LIVE** – on stage, in classrooms, in the exhibit hall. You'll be **CONNECTED** with so many All Star enthusiasts who will equip you with new skills and powerful insights to drive positive change in yourself, your team and organization!

Learn...Connect...Celebrate!