

Connecting

Mind, Body & Spirit

360[●] APPROACH

Teaching skills from an athlete-centric approach safeguards the athlete's overall health and lays the foundation for a safer sport and healthier, well-rounded adults in the future.

See STUNT, TUMBLING and JUMP skills in action. Improve your coaching style by incorporating sports psychology, injury prevention and boundaries.

These remarkable teachers in our MIND, BODY & SPIRIT series will demonstrate how healthy, positive coaching can enhance all aspects of an athlete's well-being.



SHEA CRAWFORD
BRANDON
ALL STARS



LINDSEY FARRIS
LA DREAM
ALL STARS



DANA FIELDING
USASF
RULES & SAFETY



RUSSELL
KENNEDY, PSY.D
WELLNESS GUIDES



PETER LEZIN
BRANDON
ALL STARS



DEBBIE LOVE
USASF DISCIPLINARY
COMMITTEE CHAIR



KATHY PENREE
CONNECTION CHAIR
CNY STORM



LINDSAY
STEPHENS, D.O.
SPORTS MEDICINE
ASSOCIATES

Friday, July 23
1:30-3pm
BONUS SESSION

MIND, BODY & SPIRIT: STUNT TECHNIQUE

Brandon All Stars Owner Peter Lezin, Dr. Russell Kennedy and Dr. Lindsay Stephens teach STUNT SKILLS with a 360 approach to athlete well-being. *For owners and coaches.*

Friday, July 23
3:10-4:30pm
BONUS SESSION

MIND, BODY & SPIRIT: TUMBLING SKILLS

Brandon All Stars Coach Shea Crawford, Debbie Love, Dr. Russell Kennedy and Dr. Lindsay Stephens teach TUMBLING SKILLS with a 360 approach to athlete well-being. *For owners and coaches.*

Sunday, July 25
8-8:45am

MIND, BODY & SPIRIT: JUMP TECHNIQUE; POSITIVE COACHING TIPS

Debbie Love, Dr. Russell Kennedy and Dr. Lindsay Stephens teach JUMP skills with a 360 approach to athlete well-being. *For owners and coaches.*

Sunday, July 25
10-10:45am

MIND, BODY & SPIRIT: STAFF MEETINGS THAT NO ONE WILL EVER WANT TO MISS!

Kathy Penree, Lindsay Farris and Connection Leaders present an interactive application to creating and implementing staff meetings that nurture and develop the coach and strengthen the culture of the program. *For owners.*



USASF NATIONAL MEETING
2021 24-25 JULY
PRE-MEETING OPTIONS JULY 23, 2021

REGISTER NOW!
usasf.net/national-meeting

SHERATON CHARLOTTE HOTEL
555 South McDowell Street, South Tower
Charlotte, NC 28204