




# 2021 USASF National Meeting

## July 24-25, 2021

Bonus options July 23, 2021

FRIDAY, JULY 23, 2021

TRACK	DATE	TIME	CLASS DESCRIPTION
All Tracks	Friday, July 23	8:30am-8pm	<b>REGISTRATION</b>
	Friday, July 23	9-1pm	<b>BOLT/MARCH: ATHLETE DEVELOPMENT</b> High school-age All Star Athletes dive into character, integrity, leadership and communication. <b>ADD-ON SESSION — ADDITIONAL REGISTRATION REQUIRED</b>
Dance-specific (Athletes too!)	Friday, July 23	1:30-4:30pm BONUS DANCE SESSION	<b>HIP HOP CULTURE/HISTORY: A MOVEMENT CLASS</b>  HIP HOP is more than just a dance form, it has a history and culture that is important to know and embrace as you LEARN THE MOVEMENTS. Join remote instructors PATTY ADAMS, GEO HUBELA, JOEY VALESQUEZ and SUMMER MOON as we move and learn more about this impactful genre.
All Tracks	Friday, July 23	4:30-7pm	<b>THE ALL STAR EXPERIENCE EXPO</b> Back by popular demand! Learn about trending products, services and upcoming competitions. Support those that support our industry by exploring THE ALL STAR EXPERIENCE EXPO!

 Indicates a movement or skills class.



SATURDAY, JULY 24, 2021

TRACK	DATE	TIME	CLASS DESCRIPTION
Athlete	Saturday, July 24	8-9am	<b>THE USASF AND YOU</b> The USASF has many programs for the All Star Athlete, learn from members of the Athlete Advisory Council and All Star Alumni how to utilize them for your success.
Athlete	Saturday, July 24	9-9:45am	<b>DIVERSITY, EQUITY, INCLUSION AND SENSITIVITY DISCUSSION</b> We encourage you, as a USASF member, to work with us to address the challenges that face our sport while continuing our mission to support and enrich the lives of athletes and members.
All Tracks	Saturday, July 24	10-10:45am	<b>GENERAL WELCOME SESSION</b> Join USASF Interim Executive Director ALI STANGLE as she shares the vision for All Star.

## SATURDAY, JULY 24, 2021

TRACK	DATE	TIME	CLASS DESCRIPTION
Athlete	Saturday, July 24	11am-12:30pm	<b>NATIONAL ATHLETE ASSEMBLY</b> Your voice matters! Take this unique opportunity to share your thoughts on the pulse and direction of All Star.
Athlete	Saturday, July 24	2:15-3:45pm	<b>GETTING TO KNOW YOU</b> Learning about each other and your journeys through All Star and how we can all work together to make the athlete/junior coach track the best yet!
Athlete	Saturday, July 24	4-5:30pm	<b>MEET THE BOARD OF DIRECTORS</b> Join the USASF Board of Directors to practice your leadership capabilities and share their ideas related to both the current state and the future of All Star.
Athlete	Saturday, July 24	8:30-9:45pm	<b>ATHLETE MEET AND GREET SOCIAL</b> It's all fun and games!

## SUNDAY, JULY 25, 2021

TRACK	DATE	TIME	CLASS DESCRIPTION
Athlete	Sunday, July 25	9-9:45am	<b>RAISING THE BARRE: A MOVEMENT CLASS</b>  USASF's SARAH MILLER BATES leads an effective total-body BARRE WORKOUT focused on low impact, high-intensity movements that lift and tone muscles, improve strength, agility and flexibility for every CHEER and DANCE athlete.
Athlete	Sunday, July 25th	10am-12:30pm	<b>NASCCD: LEARN THE DANCE</b>  Be the FIRST to learn the 2021 NASCCD choreography! NASCCD unites programs across the country and is a growth initiative that can attract new athletes and educate new participants on positive benefits of All Star. Participants will be invited to perform the routine as part of the closing of the National Meeting.
Athlete	Sunday, July 25th	1:30-3pm	<b>ASK THE ATHLETE PANEL ALUMNI AND ATHLETE ADVISORY COUNCIL</b> Join us as members of the Athlete Advisory Council provide insight on a variety of topics, including athlete burnout, return to play after an injury and the importance of mental health support.
Athlete	Sunday, July 25th	3:15-4:45pm	<b>POSITIVE COACHING ALLIANCE: TRIPLE-IMPACT COMPETITOR</b> Athletes learn how to become a Triple-Impact Competitor: Impacting the sport on three levels by working to improve oneself, teammates and the sport as a whole. Workshop participants receive a copy of <i>Elevating Your Game: Becoming a Triple-Impact Competitor</i>
All Tracks	Sunday, July 25	5-5:15pm	<b>CLOSING RALLY</b>

 Indicates a movement or skills class.