






2021 USASF National Meeting

July 24-25, 2021

Bonus options July 23, 2021

COACH

FRIDAY, JULY 23, 2021


| TRACK | DATE | TIME | CLASS DESCRIPTION |
|------------|-----------------|--|--|
| All Tracks | Friday, July 23 | 8:30am-8pm | REGISTRATION |
| Leadership | Friday, July 23 | 9am-1pm | IMPACT: PROFESSIONAL DEVELOPMENT WORKSHOP Professional development for owners and coaches with an emphasis on leadership and communication techniques. ADD-ON SESSION — ADDITIONAL REGISTRATION REQUIRED |
| Coach | Friday, July 23 | 1:30-3pm BONUS SKILLS SESSION | MIND, BODY & SPIRIT: STUNT SKILLS  Brandon All Stars Owner PETER LEZIN, DR. RUSSELL KENNEDY and DR. LINDSAY STEPHENS teach STUNT SKILLS with a 360 approach to athlete well-being. |
| Coach | Friday, July 23 | 3:10-4:30pm BONUS SKILLS SESSION | MIND, BODY & SPIRIT: TUMBLING SKILLS  DR. RUSSELL KENNEDY, DR. LINDSAY STEPHENS, DEBBIE LOVE and Brandon All Star Coach SHEA CRAWFORD teach TUMBLING SKILLS with a 360 approach to athlete well-being. |
| All Tracks | Friday, July 23 | 4:30 –7pm | THE ALL STAR EXPERIENCE EXPO 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! |
| Coach | Friday, July 23 | 6-7:30pm | SPOTTING SAFETY-BUILDING SKILLS  GymTyme All Star Owner/University of Louisville Cheer Head Coach JAMES SPEED DEMONSTRATES the safety aspect of SPOTTING SKILLS through all BUILDING levels. This in-depth class will cover the nuances of how to train athletes to be more proficient in spotting as new skills are taught in a fun, interactive environment. This class is for all experience levels. |
| Coach | Friday, July 23 | 9–10:30pm | COACHES PARTY |

 Indicates a movement or skills class.

All classes subject to change.
The USASF will follow strict health and safety guidelines for all sessions.

COACH

SATURDAY, JULY 24, 2021

| TRACK | DATE | TIME | CLASS DESCRIPTION |
|------------------------|-------------------|---------------|---|
| Owner or Coach (Cheer) | Saturday, July 24 | 8-9am | LET'S TALK ABOUT BOTTOM AGES CHEER RULES PROPOSALS Join USASF Associate Director of Rules & Safety DANA FIELDING for an in-depth, roundtable discussion about D1/ D2 and the age grid bottom ages -- the thoughts and data behind the age grids and where to go from here. |
| Coach | Saturday, July 24 | 9-9:45am | STANDARD OF CARE: WHY IT MATTERS USASF Midwest Regional Director SHAUNA HOLM shares the importance of owners and coaches understanding the expectations for meeting the Standard of Care. |
| Coach | Saturday, July 24 | 9am-5pm | CHEER LEGALITY TRAINING ADDITIONAL REGISTRATION REQUIRED |
| Coach | Saturday, July 24 | 9-9:50am | POSITIVE COACHING ALLIANCE Motivating your team, your staff and yourself! |
| Coach | Saturday, July 24 | 10-10:45am | GENERAL WELCOME SESSION Join USASF Interim Executive Director ALI STANGLE as she shares the vision for All Star. |
| Coach | Saturday, July 24 | 11am-12pm | WHAT IS STUNT? Join Executive Director of USA Cheer LAURI HARRIS as she provides owners and coaches with an overview of STUNT and how to integrate it into your All Star program. |
| Coach | Saturday, July 24 | 11am-12:30 pm | REGIONAL ASSEMBLY Roundtable discussions on all things All Star. |
| Coach | Saturday, July 24 | 1-2:15pm | DII ASSEMBLY CHEER Join Interim Executive Director ALI STANGLE and Vice President of Membership AMY CLARK for an open discussion about the challenges and benefits of being a DI program. Explore opportunities and ideas that foster growth and longevity for All Star. |
| Coach | Saturday, July 24 | 2:15-3:30pm | DI ASSEMBLY CHEER Join Interim Executive Director ALI STANGLE and Vice President of Membership AMY CLARK for an open discussion about the challenges and benefits of being a DII program. Explore opportunities and ideas that foster growth and longevity for All Star. |
| Coach | Saturday, July 24 | 2:15-3:45pm | SPOTTING SAFETY-BUILDING SKILLS GymTyme All Star Owner/University of Louisville Cheer Head Coach JAMES SPEED DEMONSTRATES the safety aspects of SPOTTING SKILLS through all BUILDING levels. This in-depth class will cover the nuances of how to train athletes to be more proficient in spotting as new skills are taught in a fun, interactive environment. This class is for all experience levels.  |


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| TRACK | DATE | TIME | CLASS DESCRIPTION |
|----------------|-------------------|-------------|--|
| Owner or Coach | Saturday, July 24 | 4-5:30pm | RECONVENE REGIONAL ASSEMBLIES Round 2 of the Regional Assemblies will reconvene to streamline the topics that require future discussion and vetting. |
| Coach | Saturday, July 24 | 6-7:30pm | LEGENDS OF ALL STAR CHEER The Legends of All Star Cheer take your questions and share their perspective on operating a successful All Star Program. |
| Coach | Saturday, July 24 | 7:30-8:30pm | COACHES NETWORKING LOUNGE Connect and enhance your circle of peers. |

SUNDAY, JULY 25, 2021

| TRACK | DATE | TIME | CLASS DESCRIPTION |
|------------------------|-----------------|------------|---|
| Coach | Sunday, July 25 | 8-8:45am | WHAT HAPPENS IF SOMEONE REPORTS YOU TO THE USASF FOR NON-COMPLIANCE? Join members of the Disciplinary Committee as they answer questions on how the process works and how to report a non-compliance concern. |
| Owner or Coach | Sunday July 25 | 8-8:45am | MIND, BODY & SPIRIT: JUMP TECHNIQUE AND POSITIVE COACHING TIPS  DEBBIE LOVE, DR. RUSSELL KENNEDY and DR. LINDSAY STEPHENS teach JUMP SKILLS with a 360 approach to athlete well-being. |
| Coach | Sunday, July 25 | 9-9:45am | RUNNING STRATEGIC AND EFFECTIVE PRACTICES: EXPERT TIPS AND TRICKS Join a panel of coaching experts as they share their strategies for running efficient and effective practices for all levels. Panelists include NICOLE LEAGO DEVALL, JASON LARKINS and EMILY MORGAN. |
| Coach | Sunday, July 25 | 9-9:45am | BUILDING SUCCESSFUL AND COHESIVE TEAMS Join Connection Leaders as they share strategies for creating successful and cohesive teams based on the age grid, maturity, leadership and longevity models. |
| Owner or Coach (Cheer) | Sunday, July 25 | 9-10:45am | ROUTINE COMPOSITION Top Gun Co-Owner VICTOR ROSARIO shares how he crafts routines from start to finish. Learn how he takes the foundational outline of a routine and creates a spectacular show! |
| Coach | Sunday, July 25 | 10-10:45am | MOTIVATING TODAY'S TEENS Help teen athletes realize how far beyond the team their skills and talents will take them. No, you're not too cool to try hard and have fun! |

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SUNDAY, JULY 25, 2021

| TRACK | DATE | TIME | CLASS DESCRIPTION |
|------------------------|-----------------|-------------|--|
| Coach | Sunday, July 25 | 10-10:45am | GETTING TO THE ROOT OF ROAD BLOCK DEBBIE LOVE and DR. RUSSELL KENNEDY join a panel of experienced coaches to answer your questions on how to address issues that may prevent athletes from being at their optimum performance level. |
| Coach | Sunday, July 25 | 10-10:45am | KEEPING CLASSES FUN AND INSPIRATIONAL Join Connection Leaders and athletes for a panel discussion on keeping classes fun and inspirational. |
| Coach | Sunday, July 25 | 10-10:45am | WHY NOVICE AND NOVICE SELECT? Midwest Regional Director SHAUNA HOLM and Connection Leaders show how Novice Select can be used for training the Novice Athlete as they develop their love of All Star. |
| Coach | Sunday, July 25 | 1:30-3pm | FROM ATHLETE TO COACH: FOUNDATIONS OF COACHING Join USASF staff as they help entry-level coaches lay the foundation of becoming a well-rounded coach with an emphasis on safety and positive coaching techniques. |
| Coach (Cheer) | Sunday, July 25 | 1:30-3pm | GRIP IT & FIX IT LEVELS 1-3 Join DANA FIELDING and KENNY FEELEY for LIVE STUNT DEMONSTRATIONS on how a GRIP or connection can make a STUNT TRANSITION legal or illegal. This in-depth class will cover the nuances of the rules while focusing on the safety and progression of skills in a fun, interactive environment. This class is for all experience levels. Learn the rules and unlock your coaching potential.  |
| Coach | Sunday, July 25 | 1:30-3pm | LEARNING STYLE: TRUE COLORS Join JOSEPH MCGIBBONEY, a certified True Colors facilitator, on the value of identifying athletes' learning styles to help them develop as individuals. |
| Owner or Coach (Cheer) | Sunday, July 25 | 1:30-3pm | WORLDS DIVISION DISCUSSION USASF Director of Rules and Safety DANA FIELDING facilitates an open discussion to explore The Worlds Championship-CHEER divisions. This session is designed to hear the needs of the members and explore all opportunities and gather feedback and member insight. |
| Coach | Sunday, July 25 | 3:15-4:45pm | PROPER SPOTTING TECHNIQUES FOR TUMBLING Brandon All Star Coach SHEA CRAWFORD and DEBBIE LOVE provide guidelines for proper SPOTTING for TUMBLING. |
| Coach (Cheer) | Sunday, July 25 | 3:15-4:45pm | GRIP IT & FIX IT LEVELS 4-6 Join DANA FIELDING and KENNY FEELEY for LIVE STUNT DEMONSTRATIONS on how a GRIP or connection can make a STUNT TRANSITION legal or illegal. This in depth class will cover the nuances of the rules while focusing on the safety and progression of SKILLS in a fun, interactive environment. This class is for all experience levels. Learn the rules and unlock your coaching potential.  |
| All Tracks | Sunday, July 25 | 5-5:15pm | CLOSING RALLY |

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