




# 2021 USASF National Meeting

## July 24-25, 2021

Bonus options July 23, 2021

### DANCE PROFESSIONALS

FRIDAY, JULY 23, 2021

TRACK	DATE	TIME	CLASS DESCRIPTION
All Tracks	Friday, July 23	8:30am-8pm	<b>REGISTRATION</b>
Leadership	Friday, July 23	9am-1pm	<b>IMPACT: PROFESSIONAL DEVELOPMENT WORKSHOP</b> For owners and coaches with an emphasis on Leadership and Communication techniques. <b>ADD-ON SESSION — ADDITIONAL REGISTRATION REQUIRED</b>
Leadership	Friday, July 23	9am-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>
Coach (Dance Professional)	Friday, July 23	1:30-4:30pm BONUS	<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 VALASQUEZ 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.

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# DANCE PROFESSIONALS

SATURDAY, JULY 24, 2021

TRACK	DATE	TIME	CLASS DESCRIPTION
All Tracks	Saturday, July 24	9-9:50am	<b>POSITIVE COACHING ALLIANCE</b> Motivate your team, your staff and YOURSELF!
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.
All Tracks	Saturday, July 24	11am-12:30pm	<b>REGIONAL ASSEMBLY</b> Roundtable discussions aimed at greeting your feedback on all things All Star.
Owner Exclusive	Saturday, July 24	1:30-3:15pm	<b>PEER-TO-PEER MENTORING</b> Need advice for growth? DR. RUSSELL KENNEDY, Connection Leaders and experts in the area of athlete protection will be available for one-on-one sessions. <i>Sign up at check-in as space and time is limited.</i>
Owner or Coach (Dance)	Saturday, July 24	3:30-5:30pm	<b>DANCE ONLY ASSEMBLY</b> Connect, share and unite during this roundtable discussion of dance and All Star topics. We need to hear from YOU! Share your feedback concerning the sport that we all love.
Owner or Coach	Saturday, July 24	4:30-5:30pm	<b>RECONVENE REGIONAL ASSEMBLIES</b> Round 2 of the Regional Assemblies will reconvene to streamline the topics that require future discussion and vetting.
Owner or Coach (Dance)	Saturday, July 24	6-7:30pm	<b>DANCE NETWORKING LOUNGE</b> Connect and enhance your circle of peers.



SUNDAY, JULY 25, 2021

TRACK	DATE	TIME	CLASS DESCRIPTION
Owner	Sunday, July 25	8-8:45am	<b>MEET THE CONNECTION LEADERS</b> Join Connection Interim Chair BECKY HERRERA and several Connection Leaders as they share their expertise in an informal Q&A.
Owner	Sunday, July 25	8-8:45am	<b>THE POWER OF THE PARENT PARTNERSHIP: LAW &amp; ORDER</b> Seasoned program owners provide strategies to engage and embrace the parent partnership.
All Tracks	Sunday, July 25	8-8:45am	<b>WHAT HAPPENS IF SOMEONE REPORTS YOU TO THE USASF FOR NON-COMPLIANCE?</b> 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 (Dance)	Sunday, July 25	8-8:45am	<b>DANCE SCORESHEET</b> Join USASF dance directors as they discuss the Dance Worlds scoresheets. What are the similarities and differences between the genres? Bring your coffee and questions!

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# DANCE PROFESSIONALS

SUNDAY, JULY 25, 2021

TRACK	DATE	TIME	CLASS DESCRIPTION
Owner or Coach (Dance)	Sunday, July 25	8:30am-12:30pm	<b>DANCE LEGALITY TRAINING</b> Learn from the Dance Director of Rules & Safety MEREDITH WALKER as she trains and certifies legality officials for All Star dance onsite during this interactive course. <b>ADDITIONAL REGISTRATION REQUIRED</b>
Owner or Coach (Dance) Athletes (Dance/Cheer)	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 and improve strength, agility and flexibility for every cheer and dance athlete.
Owner or Coach (Dance)	Sunday, July 25	9-9:45am	<b>STRESS MANAGEMENT TIPS</b> Join  remote instructor DR. CHELSEA PIEROTTI from <i>The Passionate Dance Coach Blog</i> as she shares her best tips and methods to reduce your stress, your athletes' stress and motivate your team.
Coach	Sunday, July 25	9-9:45am	<b>BUILDING SUCCESSFUL AND COHESIVE TEAMS</b> Join Connection Leaders as they share their strategies for creating successful and cohesive teams based on the age grid, maturity, leadership and longevity models.
Owner	Sunday, July 25	9-9:45am	<b>BRING YOUR LAPTOP: SOCIAL MEDIA MARKETING</b> Interactive session for the do's and don'ts for social media marketing.
Owner or Coach (Dance)	Sunday, July 25	9-9:45am	<b>IDEAS TO SAFELY STRETCH AND REINFORCE PROGRESSION DEVELOPMENT WITH YOUR INT/ADV DANCERS: A MOVEMENT-BASED CLASS</b>  Take class from some of the best  remote instructors and discuss how they run a senior level intermediate/advanced class: strengthening/conditioning/barre work. MOVEMENT-BASED.
Owner	Sunday, July 25	10-10:45am	<b>MIND, BODY &amp; SPIRIT: STAFF MEETINGS THAT NO ONE WILL EVER WANT TO MISS!</b> KATHY PENREE, LINDSAY FARRIS and Connection Leaders present and interactive application to creating and implementing staff meetings that nurture and develop the coach and strengthen the culture of the program.
Coach	Sunday, July 25	10-10:45am	<b>MOTIVATING TEEN ATHLETES</b> Help teen athletes see how far beyond the team their skills and talents will take them. No, you're not too cool to try hard and have fun!
Coach (Dance)	Sunday, July 25	10-10:45am	<b>KEEPING CLASSES FUN AND INSPIRATIONAL</b> Join Connection Leaders and athletes for a panel discussion on keeping classes fun and inspirational.
Owner or Coach	Sunday, July 25	11am-12pm	<b>GENERAL SESSION: SAFE@ALLSTAR   Q&amp;A</b> A new benefit of membership designed to provide a <i>Circle of Safety</i> for athletes. Join Regional Directors and Connection Leaders as they welcome KEN NEWMAN and SARAH KREBS from Safe@All Star as they share how to incorporate the educational tools and resources for athletes.

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# DANCE PROFESSIONALS

SUNDAY, JULY 25, 2021

TRACK	DATE	TIME	CLASS DESCRIPTION
Owner Exclusive	Sunday, July 25	12-1:30pm	<b>OWNERS MEETING - BOARD OF DIRECTORS CONNECTION AND CONVERSATION</b> Owners meet with attending USASF Board of Directors for an open dialogue about the future of All Star.
Owner Exclusive	Sunday, July 25	1:30-3pm	<b>JUMP START: BUSINESS WORKSHOP</b> This session is for All Star Program owners who have been in business for one to four years. Content applies to both Cheer and Dance programs. Join USASF Regional Directors and Connection Leaders as they provide tips for All Star business success for programs new to All Star, from business plans and budgets to marketing and hiring practices. Attendees will receive the <i>Jump Start</i> workbook.
Coach (Dance)	Sunday, July 25	1:30-3pm	<b>INJURY PREVENTION AND CONVERSATIONS ON THE MARLEY: A MOVEMENT-BASED CLASS</b>  Learn about dance injury prevention during a MOVEMENT CLASS. Join us as Dr. Lindsay Stephans and  remote instructors have candid conversations on the Marley. What are effective exercises that assist in the strengthening of muscles and what are ones that we need to avoid as dance educators?
Owner or Coach	Sunday, July 25	1:30-3pm	<b>LEARNING STYLES: TRUE COLORS</b> 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	Sunday, July 25	2:15-3:45pm	<b>THE BEGINNER, INTERMEDIATE AND EXPERT GUIDE TO STARTING AN EXCEPTIONAL ATHLETE TEAM</b> Are you ready for the rewarding challenge of starting a CheerABILITIES or DanceABILITIES team? GLENDA BRODERICK, director of the Exceptional Athlete division, offers tips from A-Z on starting and managing an EA team. Marketing tips, managing behaviors and guidelines for the three divisions now offered.
Owner Exclusive	Sunday, July 25	3:15-4:45pm	<b>LEGACY LAUNCH: BOOST YOUR NET</b> If you have been in business for five years, you have made it over the hump. Now what? What is the next step to provide your employees and your customers more? Join members of The Connection for a panel discussion to help broaden and elevate your success level. Attendees will receive the <i>Legacy Launch</i> workbook.
Coach (Dance)	Sunday, July 25	3:15-4:45pm	<b>REAL WORLD DANCE SAFETY: A MOVEMENT-BASED CLASS</b>  An interactive dance rules discussion on the Marley. Join us as dancers and coaches bring dance rules and safety to life and answer the question: <i>Is it legal or not?</i>
Owner Exclusive	Sunday, July 25	3:15-4:45pm	<b>IT'S A BUSINESS FIRST!</b> Connection Leader business owners provides understanding in <i>Business Decision Making vs. Compassion Decision Making</i> .
All Tracks	Sunday, July 25	5-5:15pm	<b>CLOSING RALLY</b>

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