



2021 USASF National Meeting

July 24-25, 2021

Bonus options July 23, 2021

OVERVIEW OF CLASSES

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 LEADERSHIP A WORKSHOP for owners and coaches with an emphasis on leadership and communication techniques. ADD-ON SESSION — ADDITIONAL REGISTRATION REQUIRED
Leadership	Friday, July 23	9am-1pm	BOLT/MARCH: ATHLETE DEVELOPMENT LEADERSHIP A WORKSHOP for high school-age All Star athletes dive into character, integrity, leadership and communication. ADD-ON SESSION — ADDITIONAL REGISTRATION REQUIRED
Owner or Coach	Friday, July 23	1:30-3pm BONUS SKILLS 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.
Dance Professional (Athletes too!)	Friday, July 23	1:30-4:30pm BONUS DANCE SESSION	HIP HOP CULTURE / HISTORY: A MOVEMENT CLASS  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 to move and learn more about this impactful genre.
Owner or Coach	Friday, July 23	3:10-4:30pm BONUS SKILLS SESSION	MIND, BODY & SPIRIT: TUMBLING SKILLS  Brandon All Star Coach SHEA CRAWFORD, DEBBIE LOVE, DR. RUSSELL KENNEDY and DR. LINDSAY STEPHENS, 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!
Owner	Friday, July 23	7:30-8:45pm	OWNERS & VIP RECEPTION
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.

OVERVIEW OF CLASSES

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.
Athlete	Saturday, July 24	8-9am	THE USASF AND YOU 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.
Coach	Saturday, July 24	9am-5pm	CHEER LEGALITY TRAINING ADD-ON SESSION — ADDITIONAL REGISTRATION REQUIRED
Athlete	Saturday, July 24	9-9:45am	DIVERSITY, EQUITY, INCLUSION AND SENSITIVITY DISCUSSION A panel of leaders discuss Diversity, Equity, Inclusion and Sensitivity in All Star.
Owner	Saturday, July 24	9-9:45am	STANDARD OF CARE: WHY IT MATTERS University Cheer Air Force Owner USASF Connection Leader NICOLE LEAGO DeVALL and USASF Midwest Regional Director SHAUNA HOLM share the importance of owners and coaches understanding the expectations for meeting the USASF Standard of Care.
All Tracks	Saturday, July 24	9-9:50am	POSITIVE COACHING ALLIANCE Motivating athletes, coaches and yourself!
All Tracks	Saturday, July 24	10-10:45am	GENERAL WELCOME SESSION Join USASF Interim Executive Director ALI STANGLE as she shares the vision for All Star.
Owner or Coach (Cheer)	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

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TRACK	DATE	TIME	CLASS DESCRIPTION
Owner or Coach	Saturday, July 24	11am-12:30pm	REGIONAL ASSEMBLY Roundtable discussions focused on getting your feedback on all things All Star.
Athlete	Saturday, July 24	11am-12:30pm	NATIONAL ATHLETE ASSEMBLY Your voice matters and we want to hear from YOU! Take this unique opportunity to share your thoughts on the current pulse and direction of All Star.
Owner and Director	Saturday, July 24	1:30-3:15pm	PEER-TO-PEER MENTORING 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 (Cheer)	Saturday, July 24	1-2:15pm	DII ASSEMBLY Join USASF 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.
Owner or Coach (Cheer)	Saturday, July 24	2:15-3:30pm	DI ASSEMBLY Join USASF 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.
Athlete	Saturday, July 24	2:15-3:45pm	GETTING TO KNOW YOU Facilitators and attendees learn about each other, their journeys through All Star and how we may all work together to make the athlete/junior coach track the best yet!
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.

 Indicates a movement or skills class.

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TRACK	DATE	TIME	CLASS DESCRIPTION
Owner or Coach (Dance)	Saturday, July 24	3:30-5:30pm	DANCE ONLY ASSEMBLY Connect, share and unite during this roundtable discussion of dance and All Star topics. Share your feedback concerning the sport that we all love. We need to hear from YOU!
Owner	Saturday, July 24	4-4:30pm	THE ROLE OF TNG CONSULTING IN ATHLETE PROTECTION SCOTT LEWIS from TNG Consulting shares insight on their role with the USASF in athlete protection.
Owner or Coach	Saturday, July 24	4:30-5:30pm	RECONVENE REGIONAL ASSEMBLIES Round 2 of the Regional Assemblies will reconvene to streamline the topics that require future discussion and vetting.
Athletes	Saturday, July 24	4-5:30pm	MEET THE BOARD OF DIRECTORS Join the USASF Board of Directors to practice your leadership capabilities and share your ideas related to both the current state and the future of All Star.
Owner or Coach (Cheer)	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.
Dance Professional	Saturday, July 24	6-7:30pm	DANCE NETWORKING LOUNGE Connect and enhance your circle of peers.
Coach (Cheer)	Saturday, July 24	7:30-8:30pm	COACHES NETWORKING LOUNGE Connect and enhance your circle of peers.
Owner	Saturday, July 24	7:30-8:30pm	OWNER'S NETWORKING LOUNGE Connect and enhance your circle of peers.
Athlete	Saturday, July 24	8:30-9:45pm	ATHLETE MEET AND GREET It's all fun and games!

OVERVIEW OF CLASSES

SUNDAY, JULY 25, 2021

TRACK	DATE	TIME	CLASS DESCRIPTION
Owner	Sunday, July 25	8-8:45am	MEET THE CONNECTION LEADERS 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	THE POWER OF THE PARENT PARTNERSHIP: LAW & ORDER Seasoned program owners provide strategies to engage and embrace the parent partnership.
Owner or Coach	Sunday July 25	8-8:45am	MIND, BODY & SPIRIT: JUMP TECHNIQUE; POSITIVE COACHING TIPS  DEBBIE LOVE, DR. RUSSELL KENNEDY and DR. LINDSAY STEPHENS will teach JUMP SKILLS with a 360 approach to athlete well-being.
Owner or 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.
Dance Professional	Sunday, July 25	8-8:45am	DANCE SCORESHEET Join  remote dance directors as they discuss the Dance Worlds score sheets. What are the differences between the genres? Bring your coffee and questions!
Dance Professional	Sunday, July 25	8:30am-12:30pm	DANCE LEGALITY TRAINING Learn from USASF Dance Director of Rules and Safety MEREDITH WALKER as she trains and certifies legality officials for All Star All Star Dance onsite during this interactive course. ADDITIONAL REGISTRATION REQUIRED
Owner or Coach (Dance)	Sunday, July 25	9-10:45am	IDEAS TO SAFELY STRETCH AND REINFORCE PROGRESSION DEVELOPMENT WITH YOUR INT/ADV DANCERS: A MOVEMENT-BASED CLASS  Take class from some of the best  remote instructors who discuss how they run a senior level intermediate/advanced class: strengthening/conditioning/barre work. MOVEMENT-BASED.

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SUNDAY, JULY 25, 2021

TRACK	DATE	TIME	CLASS DESCRIPTION
Dance Professional	Sunday, July 25	9- 9:45am	STRESS MANAGEMENT TIPS Join 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.
All Tracks (Cheer)	Sunday, July 25	9-10:45am	DI AND DII DELEGATIONS DI and DII delegates (selected on Saturday) will convene with USASF Director of Rules and Safety DANA FIELDING to streamline next steps for DI and DII initiatives.
Owner or 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.
Owner or Coach	Sunday, July 25	9-9:45am	BUILDING SUCCESSFUL AND COHESIVE TEAMS Join Connection Leaders as they share their strategies for creating successful and cohesive teams based on the age grid, maturity, leadership and longevity models.
Owners	Sunday, July 25	9-9:45am	BRING YOUR LAPTOP: SOCIAL MEDIA MARKETING Interactive session for the do's and don'ts of social media marketing.
Athletes	Sunday, July 25	9-9:45am	LAYING THE FOUNDATION FOR A HEALTHY ATHLETE TECHNIQUE AND STRENGTH DEBBIE LOVE shares insight for athletes to help understand the importance of skills progression.
Dance Professional and Dance/Cheer Athletes	Sunday, July 25	9-9:45am	RAISING THE BARRE: A MOVEMENT CLASS 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 (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! 

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TRACK	DATE	TIME	CLASS DESCRIPTION
Owner Exclusive	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 and interactive application to creating and implementing staff meetings that nurture and develop the coach and strengthen the culture of the program.
Owner or Coach	Sunday, July 25	10-10:45am	MOTIVATING TEEN ATHLETES 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!
Owner or 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.
Owner or 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.
Owner or Coach (Cheer)	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.
Athlete	Sunday, July 25	10am-12:30pm	NASCDD: LEARN THE DANCE  Be the FIRST to learn the 2021 NASCCD choreography! National All Star Cheer & Dance Day unites programs across the country in a celebration of All Star! NASCDD is a growth initiative that can attract new athletes and educate new participants about the positive benefits of All Star. Participants will be invited to perform the routine as part of the closing of the National Meeting.

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SUNDAY, JULY 25, 2021

TRACK	DATE	TIME	CLASS DESCRIPTION
Owner or Coach	Sunday, July 25	11am-12pm	GENERAL SESSION: SAFE@ALLSTAR Q&A 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.
Owner Exclusive	Sunday, July 25	12-1:30pm	OWNERS MEETING: BOARD OF DIRECTORS CONNECTION AND CONVERSATION 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	JUMP START 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 -- from business plans and budgets to marketing and hiring practices. Attendees will receive the <i>Jump Start</i> workbook.
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.
Owner or Coach (Dance)	Sunday, July 25	1:30-3pm	INJURY PREVENTION: A MOVEMENT-BASED CLASS DIRECTOR AND DANCE COACH CONVERSATIONS ON THE MARLEY  Join us as a doctor and coaches have candid conversations on the Marley. What are effective exercises that assist in the strengthening of muscles and which ones should we avoid as dance educators?
Owner or 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 rules while focusing on the safety and progression of SKILLS in a fun, interactive environment. This class is for all experience levels. Unlock your coaching potential.
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.

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Owner or Coach	Sunday, July 25	1:30-3pm	LEARNING STYLES: TRUE COLORS Join JOSEPH MCGIBBONEY, a certified True Colors facilitator, on the value of identifying athletes' learning styles to help them develop as individuals.
Athlete	Sunday, July 25	1:30-3pm	ASK THE ATHLETE PANEL: ALUMNI AND ATHLETE ADVISORY COUNCIL 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.
Owner or Coach (Cheer)	Sunday, July 25	1:30-3pm	COLLEGE AND BEYOND GymTyme All Star Owner/University of Louisville Cheer Head Coach JAMES SPEED; Executive Director USA Cheer LAURI HARRIS and top collegiate athlete WHITNEY LOVE discuss what's next and how to prepare your athletes for the next chapter. What are the tryout processes for Team USA hopefuls and college-bound athletes? This class will help you prepare athletes for tryouts and prepare them mentally as they leave your care and venture into the next stage of cheerleading.
Owner or Coach	Sunday, July 25	3:15-4:15pm	THE BEGINNER, INTERMEDIATE AND EXPERT GUIDE TO STARTING AN EXCEPTIONAL ATHLETE TEAM 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 or Coach	Sunday, July 25	3:15-4:45pm	LEGACY LAUNCH: BOOST YOUR NET 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 <i>the Legacy Launch</i> workbook.

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TRACK	DATE	TIME	CLASS DESCRIPTION
Owner or Coach	Sunday, July 25	3:15-4:45pm	PROPER SPOTTING TECHNIQUES FOR TUMBLING  Brandon All Stars Coach SHEA CRAWFORD and DEBBIE LOVE provide guidelines for proper SPOTTING in TUMBLING.
Owner or 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 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.
Owner or Coach (Dance)	Sunday, July 25	3:15-4:45pm	REAL WORLD DANCE SAFETY: A MOVEMENT-BASED CLASS  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	IT'S A BUSINESS FIRST! Connection Leader business owners provides understanding in <i>Business Decision Making vs. Compassion Decision Making.</i>
Athlete	Sunday, July 25	3:15-4:45pm	POSITIVE COACHING ALLIANCE: TRIPLE-IMPACT COMPETITOR 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	CLOSING RALLY

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