



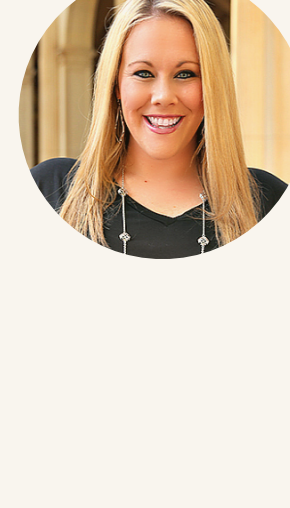
2022 USASF NATIONAL MEETING

June 25-26, 2022

Add-on sessions: June 24, 2022

Hyatt Regency O'Hare
9300 Bryn Mawr Avenue
Rosemont, IL 60018

SPEAKERS

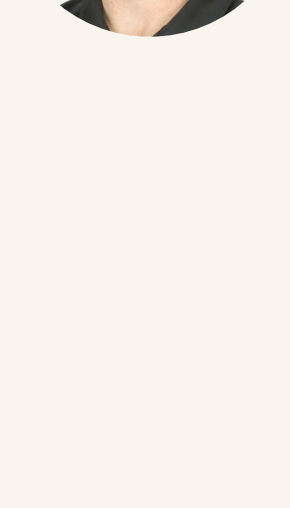


Toya Ambrose

Chicago Bulls Dance Teams / TRA Choreography

Sessions:
• EXPLORING AUTHENTICITY IN HIP HOP | SUN 1:30PM

Toya is the current head coach for the Chicago Bulls dance teams, the Luvabulls and the 312 Crew (all-male hip hop team). She owns T.R.A. Choreography LLC choreographing competitive teams worldwide and is co-founder of Tone Society, a digital training and mentorship program for choreographers. Toya is a former member of the University of Memphis Pom Squad and an NSA dancer for the Chicago Luvabulls and Memphis Grizzlies. She is the former spirit coordinator for the University of Connecticut spirit teams and former head coach of the UIC Dancing Flames.



Erin Alvarado

Texas Tech University

Sessions:
• LEAP AND TURN LIKE A CHAMPION | FRI 9AM
• 3 Ps OF POM: POWER, PRECISION AND PUNCH | SAT 3PM
• MIND, BODY & SPIRIT: DANCE TRAINING | SAT 4:15PM

Erin Alvarado is the USASF/IASF contemporary/lyrical panel director at The Dance Worlds. She is in her 10th year as the pom squad coach at Texas Tech University where her teams have won six national championships, traveled to Shanghai to represent the USA in their annual tourism festival, performed alongside the Dallas Cowboy Cheerleaders multiple times and are consistently requested to do performances across the United States. Erin is a graduate of West Virginia University with a bachelor's in exercise physiology and a minor in dance. Erin currently serves as an adjunct dance faculty member at Texas Tech in jazz, hip hop, movement for the performer and tap. In 2019 she was voted National Collegiate Coach of the year. She has judged many national and international events over the span of 12 years.



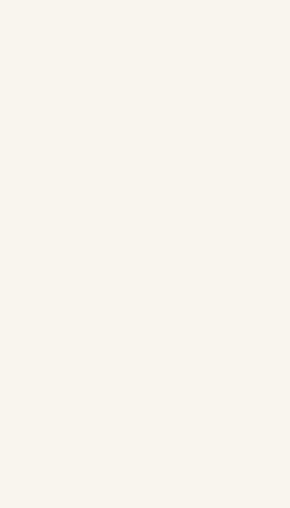
Scott Christie, DC

The Cheer District

Sessions:
• THE SCIENCE OF FLEXIBILITY TRAINING | SAT 9AM
• THE DOCTOR IS IN | SAT 11:45AM
• PRACTICE BY DESIGN — STRENGTH AND CONDITIONING | SAT 3PM

With over 30 years experience in both the cheerleading and health and wellness industry, Dr. Scott Christie has a deep understanding of the physiological demand the sport of cheerleading places on the body both mentally and physically. Along with our most elite-level cheerleaders, Dr. Christie has trained some of the top athletes in the world including the Toronto Maple Leafs, Toronto Marlies, Canadian National Rowing Team, and the Canadian National Sledge Hockey Team. In 1998 Dr. Christie was named the Special Olympic's Coach of the Year. He is a Concussion Management Provider and spent years as an educational instructor for the Sport Performance Institute and was responsible for teaching, educating and certifying many of today's personal trainers.

As a former cheerleader for Western University and five-time national champion, numerous years coaching, Dr. Christie has developed an extreme passion for the sport of cheerleading and the challenges it presents to the cheerleading community. As a sports scientist and health care practitioner he enjoys sharing his extensive knowledge and expertise with the cheerleading community to further strengthen and build the next generation of athletes.



Nicole Graham

Cheer Athletics & Dance Athletics

Sessions:
• CHOREOGRAPHING YOUR BUSINESS MASTER CLASS | FRI 9AM
• TO RACE OR NOT TO RACE: DECISION MAKING UNDER EXTREME PRESSURE MASTER CLASS | SUN 3:15PM

Nicole Graham has been a part of the dance community and All Star industry for over 30 years as a coach, choreographer, and studio owner. She is currently one of the owners of Cheer Athletics & Dance Athletics in Denver, CO, as well as one of the owners of Peak Athletics which specializes in Gymnastics. The dance program at Dance Athletics, previously Peak Athletics, under the direction of Nicole since 2010, has seen over 300 dancers grow, excel and perform at multiple regional and national championships. Many of these dancers and teams have competed at the prestigious Dance Worlds since 2013. Nicole had the great honor of being named the USASF Dance Program Owner of the Year in 2016. In 2019 Nicole was elected to the USASF Board of Directors. She is passionate about staying current with new trends in the spirit industry and is constantly expanding her education within the field.

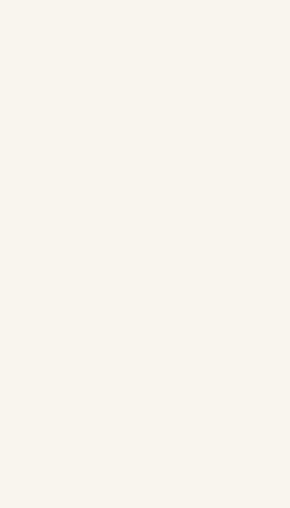


Sean Guzman

Top Gun All Stars Miami

Sessions:
• CHEER SKILLS CLINIC | FRI 8:30AM, 1PM
• JR COACH: TRANSITIONING FROM ATHLETE TO COACH | SAT 10AM
• MIND, BODY & SPIRIT: TUMBLING TECHNIQUE | 3PM
• TWISTING SKILLS THEORY | SUN 9AM
• TUMBLING DRILLS | SUN 3:15PM

Sean Guzman has been with Top Gun All Stars since 1999 and has won multiple state and national championships, along with six Cheerleading World Championships as both athlete and coach. He is the tumbling director at Top Gun All Stars in Miami and provides instruction for numerous camps nationally and internationally.



Becky Herrera

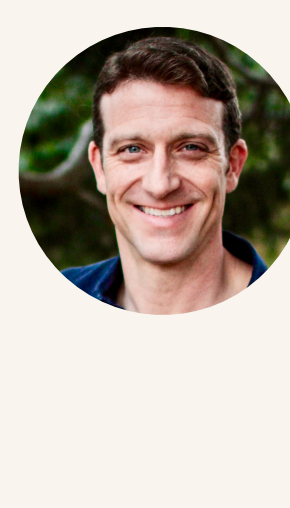
CheerForce, Inc.
Interim Chair-USASF Connection Leader

Sessions:
• IMPACT LEADERSHIP WORKSHOP
• OWNER ORIENTATION -- NEW TO ALL STAR
• PUT THE STAR BACK IN ALL STAR
• ALL STAR WELLNESS: LEARN THE BOUNDARIES
• ONBOARDING FOR NEW OWNERS AND COACHES
• ALL STAR WELLNESS: CREATING A CULTURE OF ATHLETE WELLNESS

Becky founded CheerForce in Southern California 22 years ago. During this time the program expanded to its current three locations in California and Arizona. The brand is home to four-time World champions but takes most pride in the success their athletes have when they hang up their cheerleading shoes and the life changing experiences their families have together. Becky has also directed and coached her local high school cheerleading program for the last 10 years. When not coaching, Becky choreographs for teams and judges for events across the country and enjoys speaking at conferences.

Prior to cheerleading, Becky studied ballet for 20 years and graduated with a bachelor's in business administration from the University of Southern California. There she emphasized her studies in Entrepreneurship and won an award for one of the Top 10 Business Plans in her class, written to franchise dance studios. During her college years, she paid her way through school with the help of scholarships earned in the Miss America Organization.

Becky is married to her high school sweetheart, Shawn Herrera. They have been married for 23 years and have three sons and three dogs. They enjoy traveling to Hawaii and are both avid Star Wars Fans!



Shawn Herrera

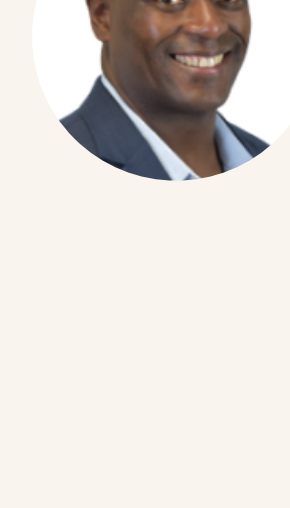
CheerForce, Inc.

Sessions:
• CHOREOGRAPHING YOUR BUSINESS MASTER CLASS | FRI 9AM
• HOW TO BUILD A POWERHOUSE WITHOUT GOING INTO THE POOR HOUSE MASTER CLASS | SUN 1:30PM
• TO RACE OR NOT TO RACE: DECISION MAKING UNDER EXTREME PRESSURE | OWNER EXCLUSIVE | SUN 3:15PM

Shawn and Becky Herrera started CheerForce in 2001 with one coach and a dozen cheerleaders practicing at a park in Simi Valley, CA. Twenty years later, CheerForce has over 60 coaches and 1000+ students across three locations in California and Arizona.

Shawn is a faculty member at Pepperdine University in Malibu, CA, where he teaches in both the Applied Behavioral Science & Organization Theory and Management departments at the Graziadio Business School. In addition to teaching graduate students, Professor Herrera also regularly facilitates leadership development workshops with executive teams from major corporations, including Coca-Cola, Raytheon, Farmers Insurance, The Cheesecake Factory, AEG and The Honest Company. In addition to his faculty position, Shawn is also the director of Corporate Relations for Pepperdine, is a frequent speaker at conferences and serves on several boards.

Shawn holds a bachelor's in business administration from the University of Southern California's Marshall School of Business, a master's in business administration from Pepperdine University's Graziadio School of Business and is currently pursuing a doctorate in Global Leadership and Change from Pepperdine University's Graduate School of Education and Psychology.



April Jensen

Brookfield Center for the Arts

Sessions:
• BOLT ATHLETE LEADERSHIP WORKSHOP | FRI 1:30PM
• ATHLETE TRACK LEADER | SAT-SUN

April Jensen has spent the last 30 years of her dance career either performing, directing, coaching or consulting with some of the top dance programs in the Midwest. Growing up dancing through both studio and All Star programs, she became a three-year captain of her college dance team, helping lead the team to multiple national championships. Over the past 12 years, she has spent the majority of her time coaching in the All Star world, as well as choreographing for numerous high school and collegiate dance teams.

Individually, April was a 2013 DX Coach of the Year Finalist and was later inducted into the 2015 DanceXtreme Hall of Fame. A member of the USASF 2015 Mentoring Leaders program, April helped guide the vision and creation of the BOLT Athlete Leadership Course and continues to assist in the curriculum development of all-star athlete leadership programs. She is a lead instructor for the BOLT/MARCH program and travels the United States coaching with the BOLT cheer and dance athletes. This led her to be recognized by **CheerBiz News** as one of the 35 under 35 People to Watch in both 2015 and 2016.

April most recently coached the Senior All Star team at Brookfield Center for the Arts, consistently placing in the Top 10 at The Dance Worlds every year since 2014. She has a proven track record of getting her dancers placed on the college team of their choice and is enjoying watching their continued success beyond high school and All Star. Since retiring from coaching, April is focusing on dance team clinics and master classes, as well as the USASF leadership programs.

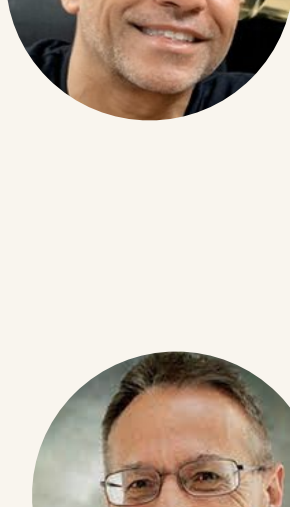


Brantley Jittu

B leJit Choreography

Sessions:
• BOLT ATHLETE LEADERSHIP WORKSHOP | FRI 1:30PM
• ATHLETE TRACK LEADER | SUN

Brantley Jittu has 14 years of All Star experience having competed in both cheer and dance. During this time, he was selected as the Top All-American in 2007. Additionally, his team won the NCA All Star Nationals in 2008 and the Cheerleading World Championships in 2009. Since competing, he has judged several cheer and dance events nationwide and was instrumental in developing several USASF programs, including: BOLT & MARCH Leadership Workshops, The National All Star Cheer & Dance Day, FUNDamentals, the USASF College Scholarship, the Exceptional Athlete Gala, and the VIP Gala. In 2012 Brantley graduated from Loyola Marymount University with a degree in Dance and Sociology. After graduating, he danced professionally on TV, appearing on ABC, Amazon Prime, and Hulu. He also worked with the Broadway production **Bring It On The Musical**. He now owns his own choreography company, B leJit Choreography, where he choreographs for cheer and dance teams across the country.



Casey Jones

The Stringy All Stars

Sessions:
• CHOREOGRAPHING YOUR BUSINESS MASTER CLASS | FRI 9AM
• HOW TO BUILD A POWERHOUSE WITHOUT GOING INTO THE POOR HOUSE MASTER CLASS | SUN 1:30PM

Casey Jones is the owner of Stringy Cheer Company, Inc. He began his cheerleading career while in college at Georgia Southern University in 1992. He then worked for several gyms before purchasing American Cheerleading in 1998 which rebranded into The Stringy Allstars in 2022. Casey has coached all levels of cheerleading and currently handles the operating and daily management of The Stringys and its subsidiary companies. Casey has been involved in several USASF committees and other cheerleading businesses to include camps and consulting. Casey is most proud of his wife of 27 years and their five children!



Russell Kennedy, PhD

Walden Behavioral Care

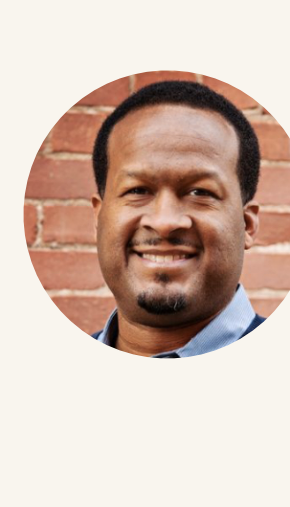
Sessions:
• IMPACT LEADERSHIP WORKSHOP | FRI 1:30PM
• MIND, BODY & SPIRIT: TUMBLING TECHNIQUE | SAT 3PM
• MIND, BODY & SPIRIT: DANCE | SAT 4:15PM
• ALL STAR WELLNESS: LEARN THE BOUNDARIES | SUN 9AM
• BRAVESMITING | SUN 10AM
• MIND, BODY & SPIRIT: ATHLETE WELLNESS | SUN 11AM
• THE DOCTOR IS IN: REMOVING THE STIGMA OF MENTAL HEALTH IN THE SPORT | SUN 1:30PM

Dr. Kennedy works as a coach, consultant, lecturer and advisor for gymnast from his background. With his background in the NCAA Division 1 level, he has coached and mentored athletes in various sports. Dr. Kennedy works with athletes with mental blocks as well as maximizing outcomes in performance sports. His experience as a classically trained gymnast combined with decades of coaching and his degrees in clinical psychology have given him special insight when working with athletes.

Dr. Kennedy uses specific techniques including motivational interviewing and DBT to help athletes work through mental blocks into stepping stones. He works with gymnasts, cheerleaders and martial artists on peak performance and prevention and treatment for mental blocks and performance anxiety. Traveling throughout the country over the past few years, Kennedy has lectured for the USASF and Varsity conferences and at many gyms and schools. He spent much time coaching at home in Massachusetts coaching at East Celebrity Elite, Bravo, Gym & More, Excel and many more.

Dr. Kennedy worked with **Reboot with Joe**, the million-person movement behind the movie **Fat, Sick, and Nearly Dead** and appears in the sequel **Fat, Sick and Nearly Dead 2** alongside Drs. Oz, Dean Ornish and Brian Wansink. He has consulted for Zumba from Reebok on wellness and health topics. Prior to this, he worked with patients on weight management at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University. During the week, Dr. Kennedy runs two behavioral health clinics that specialize in eating disorders called Walden Behavioral Care. He also works with his wife, Stacy Kennedy, MPH, RD, CSD, LDN, in their company called Wellness Guides, which helps individuals and groups make healthy changes in their lifestyle habits

Dr. Kennedy has 30 years of experience in personal training, coaching, teaching and fitness consulting to a vast array of clients and students. He lectures on health psychology, coaching styles, working with mental blocks, weight management and wellness behaviors. He is an instructor of Aikido and Brazilian Jiu Jitsu and coaches gymnastics and tumbling to athletes throughout New England. Most importantly, Dr. Kennedy values and respects human diversity in all its many expressions, including racial, ethnic, and national backgrounds, sexual orientation and gender identity, mental and physical ability, language, age, spiritual belief, and socioeconomic status.



Peter Lezin

Brandon All Stars

Sessions:
• MIND, BODY & SPIRIT: BUILDING TECHNIQUE | SAT 4:15PM
• 4 STEPS TO INCLUSIVENESS | SUN 9AM
• BUILDING TRANSITIONS SKILLS DEMO | SUN 1:30PM

Peter Lezin attended the University of South Florida where he was a member of the University of South Florida Cheerleading team. He was a National Cheerleaders Association head instructor for 12 years and head coach at the USF from 2001- 2004, then took over at Brandon All-Stars in 2005. Peter has won numerous national and state titles and has coached teams to bronze medal finishes in 2015 and 2017, silver medal finishes in 2010, 2012 and 2014 and gold medal finishes in 2009, 2011, 2016 and 2017. Peter teaches stunt clinics and choreographs nationally and internationally. Peter currently serves on the USASF Board of Directors as a Connection Leader.



Tara Lezin

Independent Clinician

Sessions:
• MIND, BODY & SPIRIT: BUILDING TECHNIQUE | SAT 4:15PM
• FLYER STABILITY & FLEXIBILITY | SUN 9AM

Debra Love

Independent Clinician

Sessions:
• CHEER SKILLS CLINIC | FRI 9AM, 1PM
• IMPACT LEADERSHIP WORKSHOP | FRI 1:30PM
• JR COACH: PRESCHOOL FUNDAMENTALS SKILLS / SPOTTING | SAT 1:45PM
• HEELS OVER HEAD: ACRO FOR DANCE | SUN 9AM
• MIND, BODY & SPIRIT: ATHLETE WELLNESS | SUN 11AM
• TUMBLING HOW TO SPOT LEVELS 1 & 2 | SUN 1:30PM
• PERSON-CENTERED LEARNING STYLES | SUN 3:15PM

With 54 years in the industry, Debbie Love has worn every hat in cheerleading! She is currently an international clinician in Injury Prevention Conditioning, Sports Psychology, Flexibility and Technical Tumbling. She is a member on the USASF Board of Directors and multiple committees including the Cheer Rules Committee, DEIS and Wellness Committees. Debbie loves coaching athletes in a positive growth environment where character is taught as well as excellence in skills.

Summer Moon

Independent Clinician

Sessions:
• LET'S GROOVE HIP HOP FITNESS | SUN 4PM

Summer Moon began her training in jazz, modern, and hip hop and she continued to train during college while obtaining a degree in human resources management. She has been an adjudicator for the past 18 years and her dance background includes being a principal dancer for many national industrial and commercials as well as choreographing and dancing for up-and-coming artists. Her choreography for studios, drill teams, and All Star programs has won awards at competitions nationally. She continues to share her passion for dance with the next generation teaching at various studios throughout Texas and she continues to judge for competitions across the US and internationally. She has judged on the hip hop panel at The Dance Worlds and is currently a hip hop advisor on The American Championships Dance Advisory Board.

Ken Newman

Safe@AllStar, LLC

Sessions:
• OWNER EXCLUSIVE: HIRING BEST PRACTICES | SAT 3PM

Ken Newman has a diverse and unique background that fits perfectly into the mission of Safe@AllStar. He has more than eighteen years of experience in different levels of security, emergency preparation, emergency response and related fields. Ken, like most of the team, has dedicated the majority of his adult life to protecting others.

Kristin Rosario

Top Gun All Stars Miami

Sessions:
• BASKET TIPS & TRICKS | SUN 10AM
• CHOREOGRAPHY FROM THE TOP DOWN | SUN 1:30PM

Victor Rosario

Top Gun All Stars Miami

Sessions:
• BASKET TIPS & TRICKS | SUN 10AM
• CHOREOGRAPHY FROM THE TOP DOWN | SUN 1:30PM

Frank Sahlein

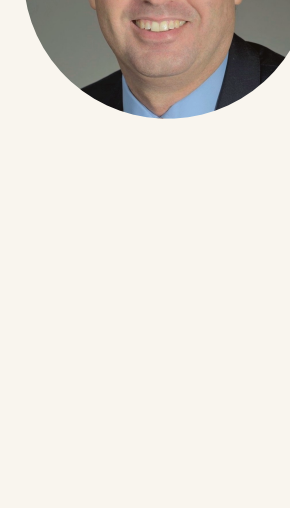
3rd Level Consulting

Sessions:
• CHOREOGRAPHING YOUR BUSINESS MASTER CLASS | FRI 9AM

Frank Sahlein has been active in the Children's Activity Center industry as an athlete, coach, business owner, consultant and business broker. He pioneered the Children's Learning Opportunity Center (CLOC) concept from 1976-2016 in the Wings Center in Boise, ID, which offers a blend of Sports Instruction, Arts, Education, Entertainment and Outreach programs. Frank's reputation as a business management innovator has inspired audiences worldwide, delivering over 1500 presentations for a variety of children's activity center industries and organizations -- including gymnastics, swimming, cheerleading, dance, martial arts/ninja and child care/ education.

3rd Level Consulting is a Business Development and Service Provider Partner for private industry companies, as well as for a variety of associations and organizations. Frank is a two-time recipient of the National Business Leader Award from USA Gymnastics and is author of **Building Your Business Potential and Designing Your Empowered Life**. He is also the creator of the SmartEDGE™ Business Applications and RiskAssure Solutions. He is the co-founder of LEAP Learning and is the executive director of the International Association of Child Development Programs.

Frank is a native of San Mateo, CA, and graduated from San Jose State University. His passions include his wife Lourdes Gonzalez, family, friends, fitness training, transformational reading and travel.

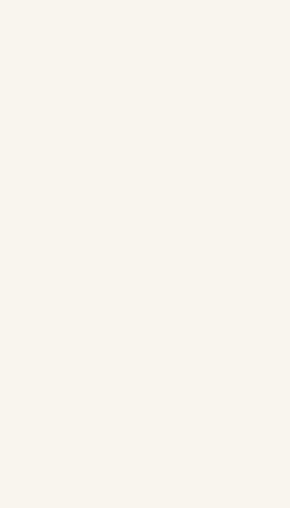


Kali Seitzer

Director of Program Development
Top Gun All Stars Miami

Sessions:
• CHEER SKILLS CLINIC | FRI 8:30AM, 1PM
• JR COACH: TRANSITIONING FROM ATHLETE TO COACH | SAT 10AM
• MIND, BODY & SPIRIT: TUMBLING TECHNIQUE | 3PM
• TWISTING SKILLS THEORY | SUN 9AM
• COED STUNTING | SUN 3:15PM

Kali Seitzer has 23 years of coaching, cheerleading and has worked with over 40 Cheerleading Worlds teams in the United States and internationally. She has six years of experience competing in gymnastics and training with an Olympic coach. As a tumbling and stunt technician she has been a camp and clinic traveling specialist for over 10 years. She has worked as a college skills specialist with some 15 colleges including Texas Tech, San Diego State, TVCC, Sam Houston State, California Baptist, Stephen F. Austin State and more. She is a cheerleading judge and holds numerous collegiate titles in cheerleading.



Shelley Shepard

Five Star Athletes
Next Generation Gym Owners

Sessions:
• CHOREOGRAPHING YOUR BUSINESS MASTER CLASS | FRI 9AM
• HOW TO BUILD A POWERHOUSE WITHOUT GOING INTO THE POOR HOUSE MASTER CLASS | SUN 1:30PM

Shelley Shepard has been the owner and operator of Five Star Athletes in Reno NV, since its opening in 2010. Over the last 12 years Shelley and her team have grown the program to over 500 athletes, five programs to be the largest program in northern Nevada. Five Star Athletics prides itself in growing great athletes on and off the mat. Shelley is also one of the owners of Next Generation Gym Owners where she works with gym owners from around the world to learn from her experience as a gym owner. It is Shelley's passion and goal to help gym owners learn to treat their business as a business. When not busy with work, Shelley loves to travel and spend time with her husband and three adult children.



Lindsay Stephens, DO

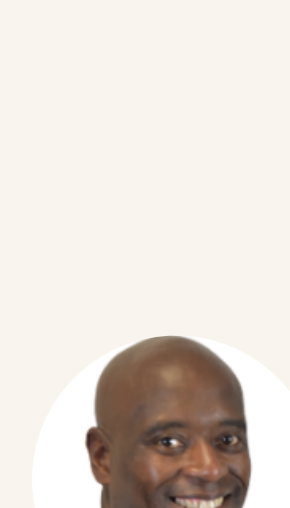
Sports Medicine Associates
Board Certified in Family Medicine and Sports Medicine

Sessions:
• INJURY PREVENTION TIPS | SAT 1:45PM
• MIND, BODY & SPIRIT: ATHLETE WELLNESS | SUN 11AM
• INJURY PREVENTION TIPS | SUN 1:30PM
• EMERGENCY ACTION PLANS | SUN 3:15PM

Dr. Stephens began as an instructor of cheer and dance, spending the first 12 years of her career associated with All Star Gyms in Texas where she choreographed, coached and managed.

A native to San Antonio, TX, Dr. Stephens completed her undergraduate education in Denton, TX, at the University of North Texas where she cheered and studied dance. Her medical education was fulfilled in Erie, PA, at Lake Erie College of Osteopathic Medicine. She completed her family-medicine residency and her sports-medicine fellowship at CHRISTUS Santa Rosa. She practiced with a local urgent-care company that concentrates on concussions for several years and served as medical director for St. Mary's University prior to joining Sports Medicine Associates of San Antonio on a full-time basis.

Dr. Stephens currently serves on the medical staff for several San Antonio athletic affiliates including the Ballet San Antonio, Trinity University, St. Mary's University, the Rock-N-Roll Marathon and several local high schools.



Orson Sykes

Twist & Shout

Sessions:
• IMPACT LEADERSHIP WORKSHOP

Orson Sykes is the owner and director of Twist & Shout Training Center in Edmond, OK. Twist & Shout was established in 1996 by Orson and his wife Marketa Sykes. The program has been highly successful over the past 25 years by winning multiple national championships at NCA, WSF, Jamfest and Cheerpower. Twist & Shout has competed at the USASF World Championships for the past 16 years and has brought home three gold, six silver and six bronze medals in the large limited coed division and international coed. Orson was named USASF Coach of the Year in 2011 and was also inducted into the USASF Hall of Fame in 2012.

Orson was a competitive gymnast at the University of Oklahoma where he was a member of the 1991 NCAA National championship team. He was also the Big 8 conference champion on vault in 1992 and in 1993 he joined the University of Oklahoma's Cheer squad and was a part of the NCAA National championships team. Orson also served as an assistant gymnastic coach at OU for two years before he and his wife started Twist and Shout. He continues to coach various high-school programs in the state and travels around the nation doing choreography for high-schools, all star programs and universities ranging from Canada, England, Asia and all over the United States.

