

2021 WACPC FALL CONFERENCE - Sunday, November 14th

CHEER	DANCE		BOTH				WACPC		
8:00 - 9:00 AM	Dance Coaches & Athletes - Sandstone Mat 1 Action Demo - Lindsey Larson - "Four Seasons of Yoga for Dancers - A Movement & Mindset Class"								
	Cheer Coaches & Athletes - Sandstone Mat 2 Action Demo - Steve Solberg - "Proper Warm Up & Cool Down"								
	Action Demo- Sandstone Mat 1	Action Demo- Sandstone Mat 2- Back	Action Demo- Sandstone Front	Action Demo- Sandstone End	Classroom Tundra A/B	Classroom Tundra C/D	Classroom Tundra E/F	Classroom Glacier A/B	Classroom Glacier C/D
9:10 - 10:20 AM	All Girl & Coed Stunt Techniques	Tumbling for Cheerleaders	Let's Learn a Hip Hop Routine	Jumps: Get Higher!	Dance: All Things Game Day	Getting Ready to Compete			
	Steve Solberg	Nick Mantz	Lindsey Lococo	Jim Lord	Jacque Genung-Koch	Dave Sanchez			
10:30 - 11:40 AM	Pyramids with Built in Progressions	Strength Training for Tumbling	Creating Choreography from Word Cards	Stylized Choreography	All About Motions	Game Day Showmanship			
	Robb Webb	Nick Mantz	Branden Chavez	Michael Fijardo	Morton	Jim Lord			
Brunch 11:45 AM - 12:45 PM - Prizes and Conference Wrap-up!									