

## 2023 WACPC FALL CONFERENCE COURSE DESCRIPTIONS AND SCHEDULE

### FRIDAY, NOVEMBER 17<sup>TH</sup>

**6:00 PM**

BALLROOM ENTRANCE

Registration Opens

**6:00 – 8:30 PM**

CHECK AT REGISTRATION

Webb Studio Images Photo Shoots - Robb Webb\*

15-minute professional photo shoot for \$15 and 5 free images! Pre-registration required

To Pre-register: <https://www.signupgenius.com/go/10C0F4BABAA2DA6FFC61-44858667-robb>

**7:00 – 9:00 PM**

BALLROOM REAR

Coaches Welcome Reception

Please RSVP to the Coaches Welcome Reception:

<https://www.signupgenius.com/go/10C0F4BABAA2DA6FFC61-44886417-coaches>

Sandstone 1

**Athlete's Dance Party – Tropical Style**

Wear your favorite Tropical/Hawaiian attire and get ready to kick off the conference showing your best dance moves!

Sponsored By:



### SATURDAY, NOVEMBER 18<sup>TH</sup>

**7:00 AM**

BALLROOM ENTRANCE

Registration Opens

**7:30 – 8:30 AM**

BALLROOM

**Breakfast**

Breakfast Buffet including Pancakes, Scrambled Eggs, Breakfast Potatoes, Bacon and Sausage Links, fresh cut fruit, assorted chilled juices, fresh brewed coffee and hot tea.

**8:30 – 9:00 AM**

BALLROOM

**President's Welcome**

**Introduction of Presenters**

**8:30 AM – 6:30 PM**

**VENDOR HALLWAY**

**VENDORS OPEN**

Visit the wide array of vendor booths and buy some bows, learn about camps, meet some college cheer and dance teams, gather info on a variety of business offerings, and take advantage of a number of “special offerings and membership opportunity” to our attendees.

**9:20 – 10:30 AM**

**BALLROOM**

**The Edge and Called To Coach – Rob Miller**

There are six motivational concepts that separate teachers and coaches. Your success as a teacher/coach will be in direct proportion to your ability to plan, teach, relate and motivate. Your goal should be to get your students/athletes to do everything they are capable of and to enjoy it.

**SANDSTONE 1 ACTION DEMO MAT**

**Baskets – Robb Webb**

Let's learn clean drill and techniques to make your baskets safer and higher! We'll touch base on some cool tricks!

**SANDSTONE 2 ACTION DEMO MAT**

**Jumps – Training Perfect Scores – Adam Forte**

Adam will teach you how to increase your scores through perfecting your athletes' skills. He'll also give you great drills for increasing jump technique.

**SANDSTONE 3 ACTION DEMO**

**Sugarfoot Therapy Warm-up – Rani Reichow**

Sugarfoot Therapy is a revolutionary conditioning program created by Doctors of Physical Therapy in collaboration with the many competitive and professional dancers. Learn the most efficient and effective way to warm-up, mobilize, and stabilize the athlete's body in all three planes of motion. When practiced regularly, these exercises are scientifically proven to help reduce injury risk and enhance performance.

**SANDSTONE 4 ACTION DEMO**

**Beginner & Intermediate Jazz – Alli Mackner**

Beginner-Intermediate level technique class working on the base of a la seconde turns, double-triple pirouettes. Instructors of this class will demonstrate and work on various combinations of leaps while working proper technique. Skills in this class may include straight leaps, open leaps, back attitude leaps, surprise leaps, tilt jumps, and battements. *Note: This workshop will be repeated Saturday at 3:50-5:00*

**CLASSROOM TUNDRA A/B**

**The Secret to Stronger Skills – Katie Groven**

Are you ready to master your turn out, turns, improve kick height, jump power and flexibility? Using simple strength training drills and exercises you'll learn WHICH muscles are needed to improve skills like turns, kicks, toe touches and HOW to easily strengthen them to improve your technique. If you've tried every stretch, combo and STILL get told to kick higher and stop dropping your heel, this class is for you.

**9:20-10:30 CONTINUED**

**CLASSROOM TUNDRA C/D**

**Preparing Your All-State Dance Performance – Bonnie Hittman**

Creating your All-State Dance Performance workshop is an opportunity to hear from our WACPC Judge Liaison about choreographing your All-State Dance Routine. Regardless of what genre you are choreographing for, we will explore the scoresheets as well as what the judges are looking for within your routine. At the end of the session there will be time to ask any questions you might still have about choreographing your routine.

**CLASSROOM TUNDRA E/F ACTION**

**Wearing Rebel: Cheer and Dance Wear Style - Rebel Athletics**

Join the Rebel Athletic staff as they share information regarding the latest Cheer and Dance styles along and their process of designing, ordering, and caring for your performance wear!

**CLASSROOM GLACIER A/B ACTION**

**Introduction to Kick – Rodney Anderson**

Have you never competed in Kick or you are very new? This special small group class is designed for beginners to gain some individual knowledge of kick technique and concepts. The class is limited to two team members per school. Pre-registration is required:

<https://www.signupgenius.com/go/10C0F4BABAA2DA6FFC61-45442947-introduction>

**10:45 – 11:55 AM**

**BALLROOM**

**Varsity Spirit Fashions – All Things Varsity!**

Join the Varsity Staff in learning how to create a cohesive look and partnership on the sideline and competition floor that includes cheer, dance, and band. Check out what Varsity Spirit Fashions has to offer.

**SANDSTONE 1 ACTION DEMO MAT**

**Stunt Fundamentals for New Coaches and Athletes – Jim Lord**

New to cheer and have no idea what you've gotten yourself into? Have you ever been afraid to ask a stunt question? Then this is your session! This session will break down the basic terminology and techniques used for partner stunting, with a focus on the fundamentals that are the building blocks for all of the amazing skills your team will be doing.

**SANDSTONE 2 ACTION DEMO MAT**

**Foundational Elements of a Great Tumbler - Coaching the Individual and what all athletes need before even attempting Tumbling skills – Adam Forte**

Adam will go over Strength, Conditioning, Mobility, Flexibility, and the importance of focusing on these elements with your athletes so that they can recognize and begin to focus on strengthening weaknesses and reducing injuries.

**SANDSTONE 3 ACTION DEMO**

**Sharpen Up! Pom Technique & Progressions – Rani Reichow**

High energy teaching techniques & drills for team precision. Teachable points to emphasize proper placement, movement pathways and sharpness for quicker skill mastery and team unification. *Note: This workshop will be repeated Sunday 9:00-10:10*

**SANDSTONE 4 ACTION DEMO**

**Introduction to Breakdancing – John Barrella**

A look at the first steps into the world of "Breaking", including vocabulary, technique, and background/history. This workshop includes effective and safe practices for delivering Breakdancing steps to any age or skill level of students.

**CLASSROOM TUNDRA A/B**

**Preparing for your College Cheer or Dance Team Tryout**

College Cheer or Dance Team is not High School 2.0! It is a unique team genre with criteria specific to the collegiate experience, during an exciting chapter of life. In this session, you'll gain valuable insight on how to plan, prepare, and step into the next chapter of your college team experience, including tips for selecting the right team for you and demystifying the new recruitment processes. Representatives from a number of University cheer and dance teams will be on hand to discuss their tryout process.

**10:45 – 11:55 AM CONTINUED**

**CLASSROOM TUNDRA C/D**

**Effective Strategies for Managing Team Expectations and Addressing Conflicts – Hannah Chin & Tina Coe**

Athletes bullying other athletes on social media platforms, parents and families setting unrealistic expectations for coaches, and coaches fighting athletic directors for recognition - These are just some of the conflict's coaches and team leaders face on a daily basis. While the nature of disputes varies by community, the common issue remains the same: Oftentimes, athletes and coaches are not equipped with the resources or frameworks to properly handle such situations. In this session, we will discuss how to interact with emotional individuals, develop sound team and parent policies and procedures, and implement such guidelines consistently, so you can build a culture of respect, accountability, and solution-oriented communication. We will also discuss a few hypothetical conflicts, so you can put your newly-acquired knowledge to the test. Ultimately, this session will equip you with the strategies to manage team expectations and conflicts, so you can focus on what truly matters: Achieving individual and team excellence on the mat or on the court.

**CLASSROOM TUNDRA E/F ACTION**

**Why Mindfulness Matters to Coaches and Why University Teams Use it – Marcella Kynnesbury**

Tailored for WACPC 2023 conference participants, this presentation delves deep into the pivotal role of mindfulness in sports coaching and collegiate athletics. It explores mindfulness from its origins to practical applications, offering valuable insights into its scientifically-proven benefits for mental well-being. Additionally, the presentation highlights how mindfulness empowers coaches to manage stress, make better decisions, and foster effective communication, while also spotlighting how university teams can harness mindfulness to navigate academic challenges, enhance concentration, and strengthen teamwork. Supported by real-world examples, research findings, and actionable guidance, this presentation underscores the transformative impact of mindfulness on coaching and the performance of collegiate cheerleading squads.

**CLASSROOM GLACIER A/B ACTION**

**Strength Training for Stronger Technique – Katie Groven**

Do you want to jump higher and hit your motions harder? How about turning more consistently? Learn how to strengthen the muscles you need to make that happen. This class will teach you how to strengthen your core, build strong glutes and a powerful upper body with exercises you can easily add to any practice or workout. Make sure you're not wasting your time with outdated crunches – see what's new and what's working for athletes just like you.

**12:00 – 1:15 PM**

**BALLROOM**

**Lunch**

MENU: A choice of Nacho or Pasta Food Stations.

Nacho selection includes freshly made tri-colored tortilla chips, ground beef, refried beans, sour cream guacamole, salsa, onions, tomatoes, jalapenos, pico de gallo, nacho cheese sauce and black olives.

Pasta selection includes Bowtie pasta or stuffed ravioli, alfredo sauce or marinara sauce, fresh grated parmesan cheese and cracked pepper, broccoli, onions, mushrooms, and peppers.

**AWARDS PRESENTATION:**

WACPC Hall of Fame

Cheer and Dance Coaches of the Year / Sportsmanship Awards

Raffle Drawing

**1:30 – 2:20 PM**

**BALLROOM**

**WACPC High School Student Athlete Update**

WACPC has many opportunities for our athletes including All-State, Sportsmanship Awards, Scholarships, and many more. High School Athletes are encouraged to attend this session to obtain information and ask questions! This is being conducted in a “station-type” format where athletes will move from table to table obtaining information. Athletes will have the opportunity to visit the vendor area after completing their stations.

**CLASSROOM TUNDRA A/B**

**WACPC Dance Coach Roundtable**

Gather with your fellow dance coaches and members of the WACPC Dance committee as we discuss the upcoming Championship Series season.

**CLASSROOM TUNDRA C/D**

**WACPC Cheer Coach Roundtable**

Join your fellow cheer coaches and members of the WACPC Cheer committee as we discuss the upcoming Championship Series season.

**CLASSROOM TUNDRA E/F**

**WACPC Middle School Student Athlete Update**

Our youngest cheerleaders and dancers are our future. Middle School Athletes are encouraged to attend this session to learn how they can play a role in WACPC and, also, complete a team bonding exercise.

**2:00 - 2:20 PM**

**SANDSTONE 1 ACTION DEMO MAT**

**Partner Stunt Experience**

Are you thinking about trying out for your college cheer team but have never had any Co-Ed Partner stunting experience? Would you like to learn a few basic concepts/techniques? If so, this extra workshop is for you. Working with our representatives from UWEC and UWSP, you will learn some basic stunts. Pre-registration is required as capacity is limited:

<https://www.signupgenius.com/go/10C0F4BABAA2DA6FFC61-44885615-partner>

**2:30 - 3:40 PM**

**SANDSTONE 1 ACTION DEMO MAT      Game Day (Part 1) – Abby DeThorne**

This two-part workshop will cover best practices for props and how to engage the crowd, not only for a game day sideline, but competition as well! Session will also cover ways to improve motions and presentation for a greater “collegiate look” for teams! *Note: This workshop will be repeated Sunday 9:00-10:10.*

**SANDSTONE 2 ACTION DEMO MAT      Full Up/Switch Up – Robb Webb**

From traditional to Ruby Slipper, we'll find the method that works best for you! We'll also cover cool drills that will get those switch ups popping!!

**SANDSTONE 3 ACTION DEMO      Hip Hop Vocabulary/Technique Demonstration – John Barrella**

Hip Hop is a widely misunderstood dance genre. This workshop will explore the most commonly overlooked techniques that can be implemented to create authentic and layered Hip Hop technique in students. This class studies grooves, rhythms, and a list of social dances associated with the birth and growth of Hip Hop dance culture.

**SANDSTONE 4 ACTION DEMO      Advanced Jazz – Alli Mackner**

Advanced level technique class working on a la seconde turn combinations which may include fouettés, changing spot and floating turns as well as triple-quad pirouettes and leg hold turns. Instructors of this class will demonstrate and work on various combinations of leaps. Skills in this class may include switch leaps, switch opens, opposition leaps, firebird leaps and weight shifting combinations etc. \*Skills listed are not exactly what the class will entail, just a guideline of what you may see.

**CLASSROOM TUNDRA A/B      Dance Performance Judge's Certification Process and Updated Dance Scoresheets – Bonnie Hittman**

Join our Dance Performance Judge Liaison in learning about our new WACPC/NDCA Judging Certification Collaboration Program and a review of the updated dance scoresheets.

**CLASSROOM TUNDRA C/D      Five Steps to Crowd Success - Jim Lord**

Making sure your “support” role is fulfilled helps others support your program when it's your turn. Take inventory of your current situation and learn the five practical steps your program can implement for crowd success!

**2:30 - 3:40 PM Continued**

**CLASSROOM TUNDRA E/F ACTION**

**Teen Life and Mindfulness – Marcela Kyngesbury**

An engaging exploration of how mindfulness practices can make a significant positive impact on the lives of teenage athletes. It delves into the challenges and pressures that they encounter and demonstrates how mindfulness techniques can be valuable tools for navigating these demands effectively. Attendees can anticipate gaining a deeper insight into the practical applications of mindfulness for teenage athletes, including its potential to enhance mental well-being, reduce stress, sharpen focus, and build emotional resilience in this critical stage of their cheer or dance journey. The presentation will also provide actionable guidance and strategies for both teenage cheerleaders and their support network, including coaches and parents, to seamlessly integrate mindfulness into their routines for a more balanced and mindful cheer or dance experience.

**CLASSROOM GLACIER A/B ACTION**

**Cheer Performance Scoresheet Review – Britteny Day and Sarah Edge**

This season, there were both formatting and scoring philosophy changes to the Stunts and Pyramids Scoresheet. Join the head judges, Britteny Dey and Sarah Edge, to learn more about the changes for each section of the scoresheet (execution, stunts rubric, and pyramids rubric) and newly added FAQs to support the changes. There will also be plenty of time for participants to ask questions to the head judges about skills, scoring and more.

**3:50 – 5:00 PM**

**BALLROOM**

**Seven Ways To Lead – Rob Miller**

Do not leave leadership of your teams to chance, teach and empower your captains how to lead successfully. This presentation applies seven principles of leadership. 1) Be the first to serve, 2) Be the first to lead by example, 3) Be a lifeline of communication between the coach and the team, 4) Be the first to praise others, 5) Be the first to protect and defend your team (loyalty), 6) Be the first to confront violations of your team standards (solving problems before they impact your team), and 7) Be the first to encourage and the last to become discouraged (mental toughness).

**SANDSTONE 1 ACTION DEMO MAT**

**Game Day (Part 2)– Abby DeThorne**

This two-part workshop will cover best practices for props and how to engage the crowd, not only for a game day sideline, but competition as well! Session will also cover ways to improve motions and presentation for a greater “collegiate look” for teams! *Note: This workshop will be repeated Sunday 10:20-11:30.*

**SANDSTONE 2 ACTION DEMO MAT**

**Creating Tosses That Allow High Tricks – Adam Forte**

Are your tosses just not high enough to do that trick? In this session, Adam will teach you drills and techniques for increasing the height of your tosses.



**3:50 – 5:00 PM CONTINUED**

**SANDSTONE 3 ACTION DEMO**

**Advanced Kick – Rodney Anderson**

This class is designed to review the advanced technical aspects of kicking. It will cover head guides, proper body alignment, hooking, and the technical elements of various advanced kicks and kick drills. Appropriate for experienced dancers.

**SANDSTONE 4 ACTION DEMO**

**Beginner & Intermediate Jazz – Alli Mackner**

Beginner-Intermediate level technique class working on the base of a la seconde turns, double-triple pirouettes. Instructors of this class will demonstrate and work on various combinations of leaps while working proper technique. Skills in this class may include straight leaps, open leaps, back attitude leaps, surprise leaps, tilt jumps, and battements. *This is a repeated workshop from Saturday at 9:10-10:20.*

**CLASSROOM TUNDRA A/B**

**Things to Consider When Designing Your Dance Costume:  
Budget, Trends, and Garment Care – Deb Erickson and Kerri  
Trombley, The Line up**

Your performance costume is the first opportunity to make a good impression! Not only is your performance attire an important investment, it helps to create your team's story. Join representatives from The Line Up for an interactive session on planning, developing and caring for your garments.

**CLASSROOM TUNDRA C/D**

**Fan Camp/Champions 101 – Ryan Mittelstaedt**

Are you in need of some revamping of your team culture or enhancing student fans participation? Do you find a disconnect between your student fans and cheer team? If so, come and find out how our head cheer coach and athletic director work together to get our student section and cheer team to work collaboratively together through Fan Camp. We will also touch on the Champions 101 program we use for all our athletes, to enhance and develop the culture of and between our athletics programs.

**CLASSROOM TUNDRA E/F ACTION**

**FUELING CHAMPIONS: Top nutrition tips for spirit athletes-  
Rani Reichow**

Gain a competitive edge by knowing WHAT & WHEN to eat to produce ample energy to get through long days of practice, games & competition, build muscle to better execute dance and cheer moves, and boost mental capacity to remember the choreography. *Note: This workshop will be repeated Saturday 5:10-6:20.*

**CLASSROOM GLACIER A/B ACTION**

**Choreography Workshop for Dance (Part 1) – Derek Ramel**

This Master Class two session workshop is designed for those dancers who are interested in coaching/choreographing. Dancers will work with Choreographer Derek Ramel through the development and creative process to understand the challenges, pitfalls, and excitement of creating an award-winning routine. Derek's known for his creativity and is excited to share his knowledge with you. This two-session workshop is open to dancers who are at an intermediate to advanced level and limited to one dancer per team (preferably one with coaching aspirations). These two workshop sessions will be open to 12 dancers. All coaches do not need to register but may attend these sessions at any time. Your pre-registration covers both workshop sessions. **Pre-registration required**

**To Pre-register:** <https://www.signupgenius.com/go/10C0F4BABAA2DA6FFC61-44889298-choreography>

**5:10 – 6:20 PM**

**BALLROOM**

**10 Things You Might Be Doing Wrong and How To Fix Them –  
Jim Lord**

This session will cover the most common overall mistakes coaches make and how to make sure you're putting your program on the best footing.

**SANDSTONE 1 ACTION DEMO MAT      Transitional Stunts – Robb Webb**

Fun ins and out! Cool upside downs and all sorts crazy skills to make your routine pop!!!

**SANDSTONE 2 ACTION DEMO MAT      Inversion Stunts – Adam Forte**

In this session, we will review progressions, drills, and technique to hit the inversions listed on the scoresheet.

**SANDSTONE 3 ACTION DEMO      Coaching strength and conditioning technique- cues, tips, and  
drills to get the most out of your athletes – Renee Buchholz**

This session is for coaches and athletes, preferably both. Learn how to cue your athletes to get the most out of their movement. When lifting with body weight or weights, jumping or plyometrics, or simply doing Zumba type conditioning there are verbal tools you should be using to coach your team. Learn what those cues are and how to use them. We want you to learn to train your eye to see what problem areas or strengths your athletes have to get the most out of the time spent conditioning. This will be a class for athletes to move in. We will also give you some simple drills to help get your athletes ready for every practice. *Note: This workshop will be repeated Sunday 9:00-10:10.*

**SANDSTONE 4 ACTION DEMO      Choreographing Hip Hop – John Barrella**

Whether you are a new choreographer, or someone looking for fresh ideas, this class will help. The main focus of this hour will be on how we use choreography composition tools to find variations and make unique changes to movement. These tools are simultaneously useful for helping both students and teachers with their understanding of improv/freestyle!

**CLASSROOM TUNDRA A/B**

**Navigating a Digital World: Teen Athletes & Coaches' Guide to  
Responsible Social Media Use – Tara Allert**

In today's digital age, social media has become an integral part of the lives of teenagers and adults. The typical teen spends greater than 8 hours a day on a screen, not including time for school work. While social media and screen time offer numerous benefits such as opportunities for connection and sharing achievements, they also come with significant challenges. In this session, we will review the status of current research related to teen social media use, and we will provide recommended strategies for teens, coaches, and parents to support healthy screen time and social media engagement. By the end of this session, teen athletes and coaches will be better prepared to navigate the complexities of social media to ensure it remains a positive and constructive aspect of their lives through understanding healthy screen time habits.

**5:10 – 6:20 PM CONTINUED**

**CLASSROOM TUNDRA C/D**

**Elevate Your Spirit: Branding for Cheer and Dance Team Success – Todd Williams**

Join us for an engaging and informative session on the art of branding to elevate your cheerleading and dance team program to new heights of success. Discover how strategically crafting your unique brand can lead to unparalleled program success, attract new members, and leave a lasting impact on your community. Whether you're a coach or team leader, this presentation will equip you with the tools to stand out in the world of cheer and dance. *Note: This workshop will be repeated Sunday 10:20-11:30.*

**CLASSROOM TUNDRA E/F ACTION**

**FUELING CHAMPIONS: Top nutrition tips for spirit athletes- Rani Reichow**

Gain a competitive edge by knowing WHAT & WHEN to eat to produce ample energy to get through long days of practice, games & competition, build muscle to better execute dance and cheer moves, and boost mental capacity to remember the choreography. *Note: This is a repeated workshop from Saturday 3:50-5:00.*

**CLASSROOM GLACIER A/B ACTION**

**Choreography Workshop for Dance (Part 2) – Derek Ramel**

This Master Class two session workshop is designed for those dancers who are interested in coaching/choreographing. Dancers will work with Choreographer Derek Ramel through the development and creative process to understand the challenges, pitfalls, and excitement of creating an award-winning routine. Derek's known for his creativity and is excited to share his knowledge with you. This two-session workshop is open to dancers who are at an intermediate to advanced level and limited to one dancer per team (preferably one with coaching aspirations). These two workshop sessions will be open to 12 dancers. All coaches do not need to register but may attend these sessions at any time. The first session was prior to this one (3:50-5:00 PM) Your pre-registration covers both workshop sessions. **Pre-registration required**

**To Pre-register:** <https://www.signupgenius.com/go/10C0F4BABAA2DA6FFC61-44889298-choreography>

## **SUNDAY, NOVEMBER 19<sup>TH</sup>**

**7:30 – 8:30 AM**

### **BALLROOM**

#### **Breakfast**

Breakfast Buffet including Crème Brûlée Fresh Toast, Scrambled Eggs, Breakfast Potatoes, Bacon and Sausage Links, fresh cut fruit, assorted chilled juices, fresh brewed coffee and hot tea.

**8:30 – 9:00 AM**

### **BALLROOM**

#### **WACPC General Membership Meeting**

All WACPC members are invited to attend our annual meeting to include organization updates and vote on constitution changes.

### **SANDSTONE 1 ACTION DEMO MAT**

#### **Partner Stunt Experience**

Are you thinking about trying out for your college cheer team but have never had any Co-Ed Partner stunting experience? Would you like to learn a few basic concepts/techniques? If so, this extra workshop is for you. Working with our representatives from UWEC and UWSP, you will learn or try out some basic stunts. **Pre-registration is required as capacity is limited. To Pre-register:**

**<https://www.signupgenius.com/go/10C0F4BABAA2DA6FFC61-44885615-partner>**

**8:30 – 10:00 AM**

### **CHECK AT REGISTRATION**

#### **Webb Studio Images Photo Shoots - Robb Webb\***

15-minute professional photo shoot for \$15 and 5 free images! Pre-registration required

**To Pre-register: <https://www.signupgenius.com/go/10C0F4BABAA2DA6FFC61-44858667-robb>**

**8:30 – 11:30 AM**

### **VENDOR HALLWAY**

#### **VENDORS OPEN**

Visit the wide array of vendor booths and buy some bows, learn about camps, meet some college cheer and dance teams, gather info on a variety of business offerings, and take advantage of a number of “special offerings and membership opportunity” to our attendees.

**9:00-10:10 AM**

**BALLROOM**

**First Steps to Great Teams – Rob Miller**

This presentation is an in-depth look at the first things that must be done when building a team – Guiding Principles (establishing Core Covenants, an identity and vision with actions) and Pride (establishing an inner circle based upon shared joy).

**SANDSTONE 1 ACTION DEMO MAT**

**Game Day (Part 1) – Abby DeThorne**

This two-part workshop will cover best practices for props and how to engage the crowd, not only for a game day sideline, but competition as well! Session will also cover ways to improve motions and presentation for a greater “collegiate look” for teams! *Note: This is a repeated workshop from Saturday 2:30-3:40.*

**SANDSTONE 2 ACTION DEMO MAT**

**Stunts and Dismounts – Adam Forte**

In this workshop, Adam will discuss technique, progressions, drills as you train to hit the dismounts listed on the scoresheet.

**SANDSTONE 3 ACTION DEMO MAT**

**Sharpen Up! Pom Technique & Progressions – Rani Reichow**

High energy teaching techniques & drills for team precision. Teachable points to emphasize proper placement, movement pathways and sharpness for quicker skill mastery and team unification. *Note: This is a repeated workshop from Saturday 10:45-11:55*

**SANDSTONE 4 ACTION DEMO**

**Beginner/Intermediate Kick – Rodney Anderson**

This class is designed to review the basic technical aspects of kicking. It will cover head guides, proper body alignment, hooking, and the technical elements of various kicks and kick drills. Appropriate for all levels. Great for beginners and a refresher for the intermediate levels. More intermediate kicks may be presented if time allows.

**CLASSROOM TUNDRA A/B**

**Tech Judges Scoresheets and Process – Jessica Pankow and Julie Jacobson**

WACPC’s tech coordinators will be presenting an overview of both the cheer and dance tech sheets as well as discussing the most common cheer and dance infractions, when to call a time out, and how to submit legality questions to the rule’s emails. A time for questions and answers will be included.

**CLASSROOM TUNDRA C/D**

**Building Resilience: Developing Healthy Mental Health Practices for Teen Athletes- Tara Allert**

Often physical health is center stage, especially in the world of sports; however, mental well-being is as crucial for achieving peak performance and long-term success in and out of the cheer world. This session will provide an overview of the basic components of health habits that will support overall mental and physical well-being as well as athlete resilience. By the end of this session, teen athletes will leave feeling confident in the knowledge and tools they need to prioritize their mental health and increase their resilience.

**9:00-10:10 AM CONTINUED**

**CLASSROOM TUNDRA E/F ACTION**

**Coaching strength and conditioning technique- cues, tips, and drills to get the most out of your athletes – Renee Buchholz**

This session is for coaches and athletes, preferably both. Learn how to cue your athletes to get the most out of their movement. When lifting with body weight or weights, jumping or plyometrics, or simply doing Zumba type conditioning there are verbal tools you should be using to coach your team. Learn what those cues are and how to use them. We want you to learn to train your eye to see what problem areas or strengths your athletes have to get the most out of the time spent conditioning. This will be a class for athletes to move in. We will also give you some simple drills to help get your athletes ready for every practice. *Note: This is a repeated workshop from Saturday 5:10-6:20.*

**CLASSROOM GLACIER A/B ACTION**

**Choreography Workshop for Cheer (Part 1) – Derek Ramel**

This Master Class two session workshop is designed for those cheerleaders who are interested in coaching/choreographing. Cheerleaders will work with Choreographer Derek Ramel through the development and creative process to understand the challenges, pitfalls, and excitement of creating an award-winning routine. Derek established the educational company SuperCDA for progressive leadership and has vast experience in competitive cheer choreography having served as a mentor for numerous championship programs. This two-session workshop is open to cheerleaders who are at an intermediate to advanced level with some stunting experience and limited to one cheerleader per team (preferably one with coaching aspirations). These two workshop sessions will be open to 16 cheerleaders. All coaches do not need to register but may attend these sessions at any time. Your pre-registration covers both workshop sessions. **Pre-registration required**

**To Pre-register: <https://www.signupgenius.com/go/10C0F4BABAA2DA6FFC61-44890142-choreography>**

**10:20 – 11:30 AM**

BALLROOM

**Fostering Resilience & Building Meaningful Connections: A Guide for Coaches on Identifying Risk/Protective Factors for Teen Mental Health – Tara Allert**

As a coach, you play a critical role in the lives of your teen athletes. Beyond the skills and routines you teach, you have an opportunity to influence and nurture your athletes' well-being, values, and life trajectories. This session will highlight key aspects of building positive relationships with your athletes, and identify how relationship-building intersects with identifying risk and protective factors for teen mental health. You will bring your expertise to this session as we dive into discussions and case studies together. By the end of this session, you will feel better equipped to continue supporting your teen athletes' overall resilience.

**SANDSTONE 1 ACTION DEMO MAT      Game Day (Part 2) – Abby DeThorne**

This two-part workshop will cover best practices for props and how to engage the crowd, not only for a game day sideline, but competition as well! Session will also cover ways to improve motions and presentation for a greater “collegiate look” for teams! *Note: This is a repeated workshop from Saturday 3:50 – 5:00.*

**SANDSTONE 2 ACTION DEMO MAT      Jumps in a Month – Jim Lord**

Four weeks. Yes, four weeks to better jumps! Learn the 3 components of great jumps and how to implement a jump program for every member of your team and see improvement in a month!

**SANDSTONE 3 ACTION DEMO      Sharpen Up will make ya JUMP, JUMP! – Rani Reichow**

Experience this Jumps Master Class from one of Sharpen Up's co-founders, master instructor and dance team guru! Tried and true methodology for athletes and coaches: strength and conditioning exercises, partner drills, troubleshooting, and more.

**SANDSTONE 4 ACTION DEMO      Incorporating Street Dance (Breakdancing, Locking & Popping)  
-John Barella**

Hip Hop programs can (and should) function as a "Hip Hop Culture" course. Styles such as Breaking, Popping, and Locking are all fundamental elements of the larger culture. Their own unique techniques offer movement that dancers should develop in order to aid in their understanding of Hip Hop, and other genres for that matter. This class will cover basic moves & rhythms behind these other genres, why they are important to Hip Hop, and how they should be incorporated into your class throughout the year.

**10:20 – 11:30 AM CONTINUED**

**CLASSROOM TUNDRA A/B**

**Elevate Your Spirit: Branding for Cheer and Dance Team Success – Todd Williams**

Join us for an engaging and informative session on the art of branding to elevate your cheerleading and dance team program to new heights of success. Discover how strategically crafting your unique brand can lead to unparalleled program success, attract new members, and leave a lasting impact on your community. Whether you're a coach or team leader, this presentation will equip you with the tools to stand out in the world of cheer and dance. *Note: This workshop is a repeat from Saturday 5:20-6:30.*

**CLASSROOM TUNDRA C/D**

**Creating Your All State Cheer Performance – Melissa Opperman**

Creating your All-State Cheer Performance is an opportunity to hear from a WACPC All-State Judge and former All-State Cheer Team athlete about your All-State Cheer routine. We will break down the score sheets together and walk through what the judges are looking for within your routine. At the end of the session, we will discuss how to record/submit your videos, tips for creating your routine, and time to ask any questions you might still have."

**CLASSROOM TUNDRA E/F ACTION**

**Preventing and Treating Common Cheer and Dance Issues – Sam Joswiak**

This informative and engaging session is dedicated to the well-being of cheerleaders and dancers! This conference session will delve into the world of common injuries faced by athletes in these high-energy disciplines, offering valuable insights into prevention and recovery strategies. Whether you're a coach, dancer, or cheerleader, this session will equip you with valuable knowledge and practical tips to promote injury-free, enjoyable, and enduring careers in cheerleading and dance. Attend this session and cheer and dance your way to a safer and healthier future!

**CLASSROOM GLACIER A/B ACTION**

**Choreography Workshop for Cheer (Part 2) – Derek Ramel**

This Master Class two session workshop is designed for those cheerleaders who are interested in coaching/choreographing. The first session was prior to this session (9:00-10:10 AM). Cheerleaders will work with Choreographer Derek Ramel through the development and creative process to understand the challenges, pitfalls, and excitement of creating an award-winning routine. Derek established the educational company SuperCDA for progressive leadership and has vast experience in competitive cheer choreography having served as a mentor for numerous championship programs. This two-session workshop is open to cheerleaders who are at an intermediate to advanced level with some stunting experience and limited to one cheerleader per team (preferably one with coaching aspirations). These two workshop sessions will be open to 16 cheerleaders. All coaches do not need to register but may attend these sessions at any time. Your pre-registration covers both workshop sessions. **Pre-registration required**

**To Pre-register: <https://www.signupgenius.com/go/10C0F4BABAA2DA6FFC61-44890142-choreography>**



**11:30 - 11:45 AM**

CLASSROOM TUNDRA A/B

**Coaches CEU Certification Meeting - Jim Ward**

Coaches registered for the Concordia University Continuing Education CEU Program should hand in their certification sheet in Tundra A/B.

# PHOTO SHOOTS



Create a memory of your Fall conference and season! Take part in a professional photo shoot!

15 minutes for \$15 and 5 free images! NO TEAMS! INDIVIDUALS ONLY!

All viable images will be delivered via Google Drive. The shoot comes with 5 free digital images of their choice with a purchase option of \$5 per image for any extra beyond the first 5. They will receive a photographer's print release to use at their discretion.

Dancers will need to arrive at the appointed photoshoot location at least 10 minutes prior to their time with hair, makeup, and outfit ready to go. It is recommended that hair be up and pulled away from the face for anyone planning or wanting to perform dynamic skills.

Dancers are encouraged to have pre planned skills and poses prior to their timeslot, however this is not a requirement. The photographer will be ready to help with posing. The photographer will be providing a tumbling air track for jumps, leaps or any other dynamic skill.

Instagram: @webb\_robb

Website: [www.robbwebbphotography.com](http://www.robbwebbphotography.com)

Note: Pre-registration is required. Payment is due when you report for your shoot. Checks should be made payable to Webb Studio Images. Cash is accepted. Credit cards are not. A confirmation will be sent to each participant with additional instructions.

To Pre-register, go to:

<https://www.signupgenius.com/go/10C0F4BABAA2DA6FFC61-44858667-robb>

## EMPIRE PHOTOGRAPHY FALL CONFERENCE



**EMPIRE  
PHOTOGRAPHY**

Empire Photography, our WACPC official photographer, will be displaying the products that will be offered at our upcoming Championship Series events.

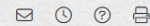
Check at the Empire Booth for “specials” offered only to our Fall Conference attendees.

## COACHES CONTINUING EDUCATION CREDITS PROGRAM



**CONTINUING  
EDUCATION  
STUDIES**

### **CEC 0290 - Wisconsin Association of Cheer and Pom Coaches Continuing Education - Fall Conference Certification**



#### **Description**

Coaches may earn CEU credit by attending a minimum of eight workshop sessions during the November 17-19 WACPC Fall Conference. Coaches must pre-register to receive credit. Curricular packets will be provided to registered coaches at Conference Check-in. Registered coaches seeking CEU must attend the Sunday 11:30 AM Conference Review Session with Jim Ward.

#### **Offering Sections**

Select a section to sign-up for from the list below. **All Times Are Listed in Central Time.**

Nov 17, 2023	0290 - 202410-002	⊖
<b>AVAILABLE</b>		
Offering Title:	CEC 0290 - Wisconsin Association of Cheer and Pom Coaches Continuing Education - Fall Conference Certification	
Type:	Conference	
Dates:	Nov 17, 2023 to Nov 19, 2023	
Offering Fee(s):	Course Fee non-credit	\$20.00

**Cheer and Dance Coaches,**

**Do you want to earn CEU credit to include when you are meeting with your Athletic Director as part of your end of year evaluation?**

**Sponsored by Concordia University's Continuing Education Program, registration and completion are simple! Click on the link below or search register for course CEC 0290.**

**The cost is \$20 which you may pay directly on the link to Concordia.**

**You need to attend eight sessions during the conference. After submitting your participation documentation, CUW will mail you a completed transcript.**

**UPDATED LINK:**

[Wisconsin Association of Cheer and Pom Coaches Continuing Education - Fall Conference Certification | Concordia University - Continuing Education Studies \(cuw.edu\)](#)

