

MCCA Coaches Conference

April 18th, 2020

Time

0800-0830	Check-in, Same day Registration, & Vendor Time	LW Kids Theater
0830-0900	Opening	Welcome & General Membership Meeting
0900-0945	Keynote	Sara Heesen Overcoming Obstacles Through a Solution Based Mindset and How to Instill That in Athletes



Time	Room 240	Room 208	Room 209	Gym	LW Kids Theater
1000-1045	Hillary White & Heather Larson Judges Training – UCA Video Training	Scott Natrass Making Cheerleaders More Athletic & Why It's Important to Keep Working All Skills		Stunt Progressions 1	
1100-1145	Hillary White & Heather Larson Judges Training – MCCA Judges Info	Jesse Shroyer Rediscovering Your Why: How to Prevent Coach Burnout	All Star	Stunt Progressions 1 Continued	

1200-1245	Lunch & Vendor Time
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Time	Room 240	Room 208	Room 209	Gym
1245-130	Hillary White & Heather Larson Judges Training Practice	Jesse Shroyer Coaching from the Heart: Connecting with your Passion	Rules Interpretations	
145-230	Carissa Ulness <u>NORTHEAST</u> - Regional Meeting & Round Table	Kathryn Freeman <u>NORTHWEST & SOUTHWEST</u> - Regional Meeting & Round Table	Nikki Andrist <u>SOUTHEAST</u> - Regional Meeting & Round Table	Jay Kroma <u>METRO</u> - Regional Meeting & Round Table

245-300	PM Snack Break & Vendor Time
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Time	Room 240	Room 208	Room 209
300-345	Stunt Mechanics	Scott Natrass Coed Programs	Hillary White Maxing/Enhancing Your Teams Score
400-445	Avoiding Stunt Mistakes	Nutrition and Regenerative Health	Hillary White Jump & Tumble Conditioning

Time	Sanctuary
445-500	Closing