

2021 WACPC FALL CONFERENCE - Saturday, November 13th

CHEER	DANCE	BOTH					WACPC		
Continental Breakfast 7:00 - 8:30 AM Wilderness Ballroom Registration 7:00 - 8:15 AM Wilderness Conference Center Lobby Speakers Meeting 8:00 - 8:30 AM Board Room Welcome & Introductions 8:30 - 8:45 AM Wilderness Ballroom							am - 4:00pm Wilderness Conference Center Main Hall		
8:45 - 9: 30 AM	Coaches & Athletes - Wilderness Ballroom Keynote Speaker - Chelsea Pierotti - "Nurturing a Growth Mindset"								
	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
9:45 - 10:55 AM	All Things Lifts	Solid Single Leg Technique	Transitions & Formations	Hip Hop -Popping and Animations 1 Popping and Animations 2	Dealing With Tumbling Anxiety	Getting Athletes Ready for College Teams	Post COVID: Let's REBOOT!	Dance Judge Training	
	Jim Lord USA Cheer	Robb Webb Magical Stunts	Lindsey Larsen Sharpen Up		Nick Mantz Elite Tumbling	Steve Solberg Infinity	Derek Ramel SuperCDA		
11:05 AM - 12:15 PM	Cleaning & Synchronizing Stunts	Back Tumbling	Using Proper Alignment		Putting the WOW In Your Performance	Developing Student Leaders	Strength Training to Improve Technique		
	Morton Bergue Cheer Gyms Inc.	Nick Mantz Elite Tumbling	Lindsey Larsen Sharpen Up	Michael Fijardo	Kerry Greenwald WACPC Cheer Judges	Jacque Genung-Koch Grand Canyon Univ. Arizona	Katie Groven Dancer Fitness	Dave Sanchez DTU	WACPC
Lunch 12:25 - 1:15 PM Wilderness Ballroom									
	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
1:15 - 2:00 PM	Athletes Only - Sandstone Mat 1 Action/Demo Class - Becoming A Student Leader - Jacque Genung-Koch								Dance Judge Training Cont.
	Coaches Only - Round Tables - Vendor Visits						WACPC Dance Roundtable	WACPC Cheer Roundtable	
2:10 - 3:20 PM	Everything Inversions	Pyramid Transitions and Sequences	Creative Transitions	Strength Training for Jumps & Motions	Cheer: Common Calls	Coaching Your Team to Achieve Killer Kicks	Helping Athletes Cope with Stress	Hip Hop Styles	WACPC Michael Fijardo
	Brandon Chavez 365 Spirit	Robb Webb Magical Stunts	Derek Ramel SuperCDA	Katie Groven Dancer Fitness	Jim Lord USASF/NFHS	Cindy Clough Just For Kix	Chelsea Pierotti Passionate Coach	Lindsey Lococo UIC	
3:30 - 4:40 PM	Stunting:Back to Basics	Tricking & Aeriels for Dance	Chreative Choreo for Cheer Dance	Strength Training for Pom & Kick	All About Cheer Game Day	Cleaning Routines: Perfect Precision	The Power of Thank You	Coaches: Dealing with Bias	
	Brandon Chavez 365 Spirit	Nick Mantz Elite Tumbling	Derek Ramel Super CDA	Katie Groven Dancer Fitness	Michelle Kiese WACPC Cheer Judges	Cindy Clough Just For Kix	Chelsea Pierotti Passionate Coach	Lindsey Lococo UIC	
4:50 - 6:00 PM	Put It All Together Cheer Conference	Lifting Mechanics & Drills	Jump Class	Let's Learn a Hip Hop Routine	Dance: Common Tech Calls	Team Culture	Hip Hop Routines from a Judges	Proper Warm Up and Cool Down	Music Copyright Issues for Spirit Teams
	Derek Ramel Super CDA	Morton Bergue Cheer Gyms Inc.	Brandon Chavez 365 Spirit	Lindsey Lococo UIC	Jim Lord USA Cheer	Cindy Clough Just For Kix	Michael Fijardo	Steve Solberg Nfinity	Dave Sanchez DTU
8:30 PM				District 4	District 5	District 3	District 2	District 1	District 6