**Iowa Cheerleading Coaches’ Association Spring Conference**

The Meadows, Prairie Meadows

Altoona, Iowa

**FRIDAY, March 31, 2017**

**LUNCH is on your own.**

7:30 - 9:00 A.M. Registration for Conference and Morning Add On Classes

Lobby

8:00 - 12:00 noon Add On Class: AACCA, *Jim Lord*

Skinner A

9:00 - 11:00 A.M. Add On Class: Creative Stunts in Choreography, *Morton Bergue*

Skinner B

12:00 - 1:00 P.M. Registration for Conference and Afternoon Add On Class

Lobby

12:00 - 2:00 P.M. Vendor set up

Lobby - Skinner Pre-function

12:30 - 3:00 P.M. Add On Class: Basic Stunt Progressions, *JoEllen Wesselmann*

Skinner B

1:00 - 3:00 P.M. Add On Class: Elite Stunts 2.0, *LeRoy McCullough*

Skinner A

2:00 - 5:30 P.M. Visit Vendors

Lobby

2:00 - 4:00 P.M. Registration for Conference for All Other Coaches

Lobby

3:05 - 3:50 P.M. OPENING SESSION: Navigating Through Competition Music, *Michelle Barlas*

Skinner B

4:00 - 4:45 P.M. ICCA General Membership Meeting and District Meetings

Skinner A

5:30 P.M. Banquet Seating Opens and Cash Bar (no outside beverages allowed)

Bishop A Ballroom

6:00 P.M. **The Winner’s Circle** - ICCA Spring Banquet & Awards

Keynote by *LeRoy McCullough*

Bishop A Ballroom

9:00 P.M. Question and Answer about ICCA Events and cheer in general Bishop A Ballroom (Bar remains open until 10:00)

10:00 P.M. Enjoy Prairie Meadows: Live Entertainment - Slots - Tables

**SATURDAY, April 1, 2017**

**BREAKFAST is on your own. ATTIRE is casual dress. HOTEL check out on your own.**

6:30 - 7:15 A.M. Yoga for Coaches, *Vanessa Duerksen*

Skinner C

8:00 - 8:50 A.M. Choreography Pitfalls, *LeRoy McCullough*

Skinner A

Effective Tryouts, *Morton Bergue*

Skinner B

Stunting Properly is No Accident: Everything a Coach Needs to Know to Teach Stunting and Progressions, *Jim Lord*

Skinner C

8:55 - 9:40 A.M. Running Effective Practices, *LeRoy McCullough*

Skinner A

Using Cheer Props in Cheer Situations, *Jenna Reynolds*

Skinner B

Tumbling - Safe, Effective Progressions, *Dan Hocken*

Skinner C

9:45 - 10:30 A.M. Trouble Shooting Stunts, *LeRoy McCullough*

Skinner A

Avoid School Administration Pitfalls, *Morton Bergue*

Skinner B

Motivating Your Team and Yourself, *Dan Hocken*

Skinner C

10:35 -11:20 A.M. Understanding the National Federation Rules, *Jim Lord*

Skinner C

11:20 - 11:50 A.M. Visit Vendors - Skinner Pre-function (east and west)

11:50 - 12:50 P.M. **Lunch** - ICCA Awards, Scholarship, Fashion Show by Varsity

Skinner A & B

12:50 - 1:40 P.M. Inversions 101, *LeRoy McCullough*

Skinner A & B

Fantastically Sharp Motions, *Morton Bergue*

Skinner C

1:45 - 2:30 P.M. Jumps with Strength Training, *Jason Sack*

Skinner A & B

Raising School Spirit in Every Season, *Jenna Reynolds*

Skinner C

2:35 - 3:25 P.M. Stunt Timing Stunts, *Morton Bergue*

Skinner A & B

I Have a Male Cheerleader. Now What Do I Do?, *Jason Sack*

Skinner C

3:30 P.M. Closing and Prize Give Away

Skinner A & B