

## Iowa Cheerleading Coaches' Association Spring Conference

The Meadows, Prairie Meadows

Altoona, Iowa

**FRIDAY, APRIL 13, 2018**

**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:** Spinning Stunts and Pyramids for Elite Squads, *Logan Lefler*  
Skinner B
- 12:00 - 1:00 p.m.      Registration for Conference and Afternoon Add-On Classes  
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 pm.      **Add-On Class:** Choreography, *Jeff Brewster*  
Skinner A
- 2:00 - 5:30 p.m.      **Visit Vendors** as time permits  
Lobby
- 2:00 - 4:00 p.m.      Registration for Conference for All Other Coaches  
Lobby
- 3:05 - 3:50 p.m.      **OPENING SESSION: Sideline Cheering:** Using Props in Cheer Situations, *Jenna Reynolds*  
Skinner B
- 4:00 - 4:45 p.m.      **ICCA General Membership Meeting and District Meetings**  
Skinner A

- 5:30 p.m. Banquet Seating Opens with Cash Bar (No outside beverages allowed)  
Bishop A Ballroom
- 6:00 - 9:00 p.m. **THIS IS US! - ICCA Spring Banquet & Awards**, *Donna McKay - Keynote Speaker*  
Bishop A Ballroom
- 9:00 p.m. **Round Table Discussion** After the Banquet: Q and A about Cheer and ICCA  
Bishop A Ballroom
- 10:00 p.m. **Enjoy** Prairie Meadows: Live Entertainment - Slots - Tables

**SATURDAY, APRIL 14, 2018**

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

- 6:30 - 7:15 a.m. **Yoga** for Coaches, *Vanessa Duerksen*  
Skinner C
- 8:00 - 8:45 a.m. **Keeping Ourselves Charged**, *Sarah Buss*  
Skinner A  
**ICCA Rubrics** for the **State Championships**, *Kelly Trinkle*  
Skinner B  
**Spotting** for **Safety**, *Jim Lord*  
Skinner C
- 8:50 - 9:40 a.m. **Marvelous Motions**, *Jeff Brewster*  
Skinner A  
**How to Avoid Tumbling Traps**, *Logan Lefler*  
Skinner B  
**General Fitness** and **Conditioning**, *Jim Lord*  
Skinner C
- 9:45 - 10:30 a.m. **Hands On Cheers** and **Chants**, *Jeff Brewster*  
Skinner A  
**Small Pyramids** and **Big Tosses**, *Logan Lefler*  
Skinner B  
**Working with the VIPs** in Your Program (Parents, ADs, & Cheerleaders), *Jenna Reynolds*  
Skinner C

- 10:35 - 11:35 a.m.      **New National Federation Rules and Hints to Keep Release & Inverted Stunts Legal**  
*Jim Lord*  
Skinner C
- 11:35 - 12:00 noon      **Visit Vendors** - Skinner Pre-function (East)
- 12:00 - 12:55 p.m.      **Lunch - ICCA Awards and Scholarships, Varsity Style Show** (Sponsored by Varsity)  
Skinner A & B
- 1:00 - 2:00 p.m.      **Troubleshooting Stunts** (Why Your Stunts Aren't Hitting), *Jeff Brewster*  
Skinner A & B  
Squad **Jump Workouts**, *Logan Lefler*  
Skinner C
- 2:05 - 3:05 p.m.      **Grips and Tips for Great Stunts: Basic to Elite**, *Logan Lefler*  
Skinner A & B  
**Organizing Cheerleaders** to Their Maximum Potential, *Jenna Reynolds*  
Skinner C
- 3:10 - 3:40 p.m.      Closing and **Door Prizes**  
Skinner A & B