

The Leading Edge Conference 2010



Something to CHEER about...

Dates: Fri, May 21st; 4pm to 8pm with a social afterwards
Sat, May 22nd: 9am to 4pm (Victoria Long weekend)
Location: Port Moody Secondary School



- Open to coaches parents & the next generation of LEADING athletes
- Multiple classes offered each hour
- Instruction, Discussion and Hands-On learning from professionals
- Coaches: Get \$25 off your registration for every 5 cheerleaders in your group...you could come for free!
- No advance sign up for individual classes. Create your own schedule and change your mind on the spot!

- Athletes: \$40 each (inc. supplies)
- Coaches: \$125
- Parents/Chaperones: \$40
- Credentialing offered onsite

There is nothing like a cheer conference to get your creative juices flowing.
It's the end of the cheer season...time to get fired up!

Sample Topics - What do you want to see? **VOTE and we will make it happen:**

ROOM #1: Coach Topics (in coaches room): (Only coaches may access coaching classes)

- The Buzz: Where cheerleading is and where it is headed.
- The "Low Down": Industry news (and rumors) and Who's Who in the world of cheerleading.
- The top 10 WORST things that could happen in your gym and how to prepare for, handle and prevent them
- Mo' Money: Make the mo\$t of your facility
- Money Saving Made Easy: 10 simple ways to save big
- Take the Lead with the power of DELEGATION: Using your volunteers effectively
- Marketing on a shoestring budget
- How to avoid the pitfalls of Gym Ownership
- Auditory, Visual & Kinesthetic/tactile learners: Are you teaching everyone equally?
- Traditions = Loyalty: How team traditions create unbreakable bonds
- Need great coaches? BREED THEM!
- Mini-Gym Coaching Clinic: Creating a cohesive, effective and inspired coaching staff
- Psychology of the Sport
- Biomechanics of Cheer Skills
- Motivating the Motivators
- Choreography 101
- Maximizing your score sheet
- Team Esteem
- Productive Practices
- Starting a Program
- Know your Liabilities
- Cleaning it up
- Advanced Choreography
- R-E-S-P-E-C-T: How to earn it and more importantly, how to teach your athletes to earn it.
- Developing Leaders

- Safety 101: HOW TO SPOT.
- Try-Outs: Organized and Simplified
- Creating a Special Needs Team: Tips and Considerations
- USASF/IASF Rule Interpretations
- VARSITY Score Sheets De-mystified
- Effective Discipline
- Dealing with Problem Parents/Administrators
- Music Editing 101
- Nutritional Considerations for athletes
- Little Eyes: Sportsmanship starts with YOU
- Make your Dance POP
- Putting the Leader back in Cheerleader
- Conflict Resolution
- How to Judge
- The Pep Talk: Does it matter what you say? You'd be surprised!
- USASF/IASF Credentialing Prep: Levels 1-2
- USASF/IASF Credentialing Prep: Levels 3-4
- USASF/IASF Credentialing Prep: Level 5
- Five Year Business Plan for Allstar Gym Success.
- Coaching off the Floor: Administrative tasks for school and allstar teams.
- Equipment Usage: The hottest new cheer safety equipment.
- Giving Experiences and Teaching Values
- What PARENTS want!

ROOM #2: Tumbling/Jumps/Dance Room (open to Coaches, parents and athletes):

- Motions: Perfecting your motions score
- Cheers: Get the crowd going!
- Flexibility: The secret weapon for elite teams!
- Flexibility: How to gain and maintain flexibility.
- Position Specific Conditioning: Condition your body properly as a base, top or spotter.
- Cheerleading Specific Conditioning: Complete Core!
- Yoga for Cheerleaders: Use Yoga to perfect your performance.
- Beginner Dance: Find your Groove
- Intermediate Dance. Hip Hop Happy!
- Advanced Dance: Put your dancin' shoes on & work up a sweat!
- Essential Tumbling Building Blocks & Beginner Skills. Up to back handsprings.
- Intermediate Tumbling: Standing & running tumbling up to layouts.
- Advanced Tumbling Skills: Up to double fulls. Serious tumblers only!
- Detecting & Correcting Common Tumbling Errors: Bring your issues!
- Spotting Tumbling Skills Properly. Learn how to spot and teach tumbling skills
- The Final Product: How to accent and enhance your performance & routine.
- Jumps: Learn how to practice & polish your jumps for the perfect jump score using proven techniques.
- The Problem with Judges
- Team Bonding: Games, Outings, traditions, the importance of, etc.

ROOM #3: Stunt Room (open to Coaches, parents and athletes):

- Basic Stunts & Techniques: The hollow position and fundamental basing techniques (level 1-2)
- Intermediate Stunts & Techniques (level 3)
- Advanced Stunts & Techniques: Tips to nail high level skills (level 4-6)
- Dismounts: Safe cradling technique from all different skills.
- Beginner/Intermediate Dismounts: Pop downs, cradles, twist cradles.
- Intermediate-Advanced Dismounts: Full downs, Double Downs and other creative dismounts.
- Basic Transitions: Crunches, double takes, squish, show & goes, 1 leg to 2, 2 legs to 1.
- Advance Transitions: Tick tocks, 360's, yo-yo's and rewinds.
- Full Ups: Perfecting the full twist mount.
- Twists: Learn tricks for twisting from double & single legged skills.
- Liberties: Learn trouble shooting keys to unlocking the mystery of the perfect one legged skill.
- Co-Ed Stunting. How to teach & perform solid Co-Ed Partner Stunts.
- Beginner Basket Tosses: Back to basics.
- Basket Tosses 101: Go for height or don't bother! Learn the secrets of explosive baskets & perfectly executed skills.
- Advanced Basket Tosses Techniques. Up to Kick Doubles.
- Level 6 Tosses & Skills.
- HELP! This stunt won't work! Bring your issues!
- Training Drills for Tops, Bases and Spotters

- The Almighty Hollow: Learn it, Live it, Love it!
- Making it LOOK easy

Room #4: Leadership/Wee Ones/Parents Room: (open to Coaches, parents and athletes):

Cheerleaders:

- Wanna Win? Forget about winning. Pep Talk.
- Sportsmanship
- The Final Product: How to accent and enhance your performance & routine.
- Leadership Training
- Nutrition for Athletes
- Body Awareness & Control: Train Properly
- Biomechanics of Cheer Skills
- Cheer-Life after high school: options and directions
- Team conflict resolution
- Getting the RESPECT your team deserves
- Training at home
- Coaching Prep: think coaching may be in your future? Prepare yourself!
- Captains' Roundtable
- How to Move: Finish It! Cleaning, moving from spot to spot, transitioning, posture, eye contact, being hidden, being centre stage, when basing, when flying, dance, etc. The in between stuff.
- BONDING: Create memories that last a lifetime!
- Give "Clicks" the BOOT!
- There's no "I" in team
- Parents Just Don't Understand: Explaining your Cheer Obsession
- The potential dangers of cheerleading: Be informed!
- Mental Training

Wee Ones:

- Make & Take Cheerleading & Dance Coloring Pictures
- Make & Take: Pompons
- Quiet Time: Bring it on Movie?
- Jumps: Learn how to do basic jumps for cheerleading.
- Cheerleading Motions: High V's, touchdowns and T's...oh my!
- Cheers: Learn fun cheers & chants you can practice at home!
- Flexibility: Techniques you can use at home to increase your flexibility.
- Conditioning: A basic exercise class for young cheerleaders.
- Beginner Dance: Learn basic techniques and have fun!

Parent Topics:

- Important Questions for Parents to ask about the coach/gym
- Judging basics: a roundtable discussion for **parents** who want to know more about how cheerleading is judged.
- WHAT are USASF Levels?
- How can I be involved with the program without stepping on toes?
- Creating a Parents Association
- Booster Club Basics
- Budgeting and Fundraising: Parents Groups
- Be informed: What are the potential dangers of cheerleading?
- I Love this Stuff! How do I start a program here in BC?

Questions: Contact Laura Mar at info@cheerexpo.net
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