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# CLASS DESCRIPTIONS CONFERENCE 2009

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## **After the Competition** *with Kevin Hooker*

Every coach has been through it...how to handle the situations that arise from competing. What do you do, say, and how do you practice AFTER the competition experience; whether the weekend's outcome was good or bad?



## **Cheer Dance** *with Derek Ramel and Super CDA Staff*

Learn a new, fresh one-minute cheer dance routine to take home and pump up your crowd!

## **College Cheer Prep** *with Lance Stoltenberg*

This class will offer advice and tips to help your cheer athletes take it to the next level.

## **Contemporary Jazz** *with Josie Henningfeld and Kate Fabbri*

This session will look at how to create a contemporary Jazz routine and how it differs from other styles of jazz.

## **Dance Life after High School** *with Kate Fabbri*

Come explore the options and opportunities for pursuing dance after your high school career has ended. Learn tips for College/Pro Dance team preparation and what to expect at auditions.

## **Flexibility** *with Josie Henningfeld and Kate Fabbri*

This class will provide tips in creating a useful warm-up program and will introduce proper stretching technique to increase your team's flexibility. Conditioning drills geared specifically to the cheerleader and dancer will also be introduced covering the legs, core, back, arms, and cardio.

## **Get Down to Get Up** *with the Super CDA Staff*

A "groovy warm" up to get everyone pumped up and ready for the day!

## **Get Real Tumbling 2.0** *with Cydnee Totzke*

No gym? No equipment? No tumblers? No problem! Learn skills, drills, and tips for incorporating basic tumbling into your cheerleading program. This year's session will provide more partnering and "hands on" practice for coaches and athletes. Tumbling is here to stay in the cheer world, so let's get started!

## **Hip Hop Tricks** *with Theresa Kubalak and Elizabeth Powers*

During this session, coaches and captains will experience some cool tricks while learning how to create their own.

## **Hip Hop Technique** *with Theresa Kubalak*

Hip hop has become one of the most popular dance genres in Wisconsin. Learn how to improve your routines by adding all type of technique beyond is the typical tricks.

## **Hosting Competitions** *with Sue Poeschl and Lori Evers*

Wanting to host a competition and just don't know how to get started? This is the class for you! A successful cheer and dance coach will show you the tricks of the trade.

## **Pump Up That Jump** *with Kevin Hooker and Lance Stoltenberg*

Jump higher; jump stronger; jump better! It's all about the drills and theory behind the kind of jumps you desire for yourself and your team.

## **Kick Technique** *with Kelly Hegarty*

Crisp and clean technique is so important to this genre of dance. Learn drills and strategies to get the look you need for a successful routine.

## **Leaps and Turns** *with Kelly Hegarty*

Want better leaps and turns? Check out what is in store for you in this class!

## **Mixin' It Up** *with the Super CDA Music Crew*

Let Super CDA show you in the ins and outs of "do it yourself" music editing and how to get that WOW factor when your team's on the floor.

## **Music Editing** *with Elizabeth Powers*

If you want to create a powerful music mix that will compliment your team's style and set you apart from your competition, this class is for you. Session includes discussion on music selection, mapping, editing prep, how to used drop-ins, getting ready for choreography, and where to go if you don't do it yourself.

## **Mental Blocks and Tips to Overcome Them** *with Derek Ramel*

Mental blocks stand in the way of individual and team success. Learn tips to help you and your athletes deal with this frustrating topic.

## **Periodization** *with Kelly Hegarty*

This session will discuss how to use cycles of high intensity, low intensity, and rest to maximize performance at the peak of your competitive season.

## **Pom Routine** *with Elizabeth Powers*

Come learn a short, exciting routine to be used for a game or simply to get choreography ideas. This routine is adaptable to different skill levels.

## **Promoting a Positive Image** *with Kelli Ritsche*

Conveying a positive image is important to you, your team, your school or gym, and the community you represent. This class will discuss team etiquette and other considerations involved in promoting that "All-American" and athletic image.

## **Power of a New Coach** *with Kelli Ritsche*

Come and learn the ins and outs of being a new coach. Perhaps you've got the coaching skills but you're working with rookie athletes or a new program. Do you want to compete but aren't sure how to get started or what your options are? Are you simply wondering how to get through your first season? Attend this session for the ideas and support you need and deserve!

## **Safety for Coaches** *with Julie Jacobson*

Come learn the newest emergency and safety topics discussed in the cheer/dance world today. It's so important we prioritize keeping our kids and ourselves SAFE!

## **Strength and Conditioning** *with Lance Stoltenberg and Kevin Hooker*

Come check out some fun, new ideas for building strength and stamina for today's cheerleaders and dancers.

### **Super Stunts** *with Derek Ramel and Super CDA Staff*

From the basics to new, innovative stunt transitions, come “build” with the Super CDA Staff for some fresh ideas for the upcoming winter and competition season.

### **TEAM Cheer** *with Derek Ramel and Super CDA Staff*

This class explores the concept of focus and efficiency. Can you develop a new TEAM and perform as a unified group in less than 30 minutes? Who emerges as the leader? Who goes with the flow? When the main goal is just getting the job DONE? Can you?

### **TEAM Dance** *with Elizabeth Powers and Theresa Kubalak*

This class explores the concept of focus and efficiency. Can you develop a new TEAM and perform as a unified group in less than 30 minutes? Who emerges as the leader? Who goes with the flow? When the main goal is just getting the job DONE? Can you? How can you take your team from good to great?

### **Technique Basics** *with Josie Henningfeld and Kate Fabbri*

This class offers the opportunity for coaches who may not have an extensive background in dance to learn proper technique and placement, what to look for in technique and how to correct it on their dancers, and how to break the technical elements down, so they can teach it properly.

### **The Power of Want** *with Kevin Hooker*

Come get fired up and ready to go! This is the reason why we are all at conference. Hear from one of the Midwest’s Best...what they do and strive for--you can, too!

### **Tight Budgets and Fundraising** *with Sue Poeschl*

Tight economy equals tight budget. Get some fresh new ideas on how to fundraise and work within a tight budget.

### **Tumbling Time** *with Lance Stoltenberg and Kevin Hooker*

This “hands on” class will give you the tips you need to fix common tumbling errors—as simple as 1-2-3!

### **Training Muscles for Skills** *with Kelly Hegarty*

This session will teach you how to develop and use the correct muscles needed for the proper dance technique used in team choreography.

### **True Colors** *with Michelle Hook*

Learn about the colorful, different personalities of you and your team members and how to help everyone mesh as one unit.

### **Twisting and Tossing** *with Lance Stoltenberg and Kevin Hooker*

Get that twist down and hit that basket toss! Technique for twisting and tossing skills will be discussed and demonstrated at this session.

### **WACPC General Membership Meeting** *with Board Members*

The annual WACPC memberships meeting including constitution updates and other new ideas being implemented by the organization will be presented immediately following the luncheon. This will also be a time to touch base with your district representatives and share your comments and concerns for the upcoming year and competitive season.