

## WACPC FALL CONFERENCE-SATURDAY, OCTOBER 17, 2009

8:00-8:50AM	<b>REGISTRATION</b> Conference Center Lobby				
9:00-9:50AM	<b>OPENING SESSION</b> Riverview North				
10:00-10:50AM	<b>Cheer Dance</b> Derek Ramel Super CDA Staff Room ACE	<b>Training Muscles</b> Kelly Hegarty Room BDF	<b>The Power of Want</b> Kevin Hooker Riverview North		<b>Vendor Mall</b> Various Vendor Reps Riverview South
11:00-11:50AM	<b>TEAM Cheer</b> Derek Ramel Super CDA Staff Room ACE	<b>TEAM Dance</b> Elizabeth Powers Theresa Kubalak Room BDF	<b>Safety for Coaches</b> Julie Jacobson Presidential Suite	<b>Hosting Competitions</b> Sue Poeschl Lorie Evers Sante Fe 3010	<b>Vendor Mall</b> Various Vendor Reps Riverview South
12:00-12:50PM	<b>LUNCHEON</b> Riverview North				
1:00-1:50PM	<b>General Membership Meeting</b> WACPC Board Members Room AC		<b>Strength/Conditioning</b> Kevin Hooker Lance Stoltenberg Room BDF	<b>Dance Life after HS</b> Kate Fabbri Room E	<b>True Colors</b> Michelle Hook Sante Fe 3010
2:00-2:50PM	<b>Jumps</b> Lance Stoltenberg Kevin Hooker Room AC	<b>Pom Routine</b> Elizabeth Powers Room BDF	<b>Periodization</b> Kelly Hegarty Room E	<b>True Colors</b> Michelle Hook Sante Fe 3010	<b>Mental Blocks</b> Derek Ramel Presidential Suite
3:00-3:50PM	<b>Get Real Tumbling 2.0</b> Cydnee Totzke Room AC	<b>Pom continued...</b> Elizabeth Powers Room BDF	<b>Technique Basics</b> Josie Henningfeld Kate Fabbri Room E	<b>Hosting Competitions</b> Sue Poeschl Lorie Evers Sante Fe 3010	<b>College Cheer Prep</b> Lance Stoltenberg Presidential Suite
4:00-4:50PM	<b>Twisting &amp; Tossing</b> Kevin Hooker Lance Stoltenberg Room AC	<b>Leaps &amp; Turns</b> Kelly Hegarty Room BDF	<b>Mix'n' it Up</b> Super CDA Music Crew Room E	<b>Tight Budgets</b> Sue Poeschl Sante Fe 3010	<b>Music Editing</b> Elizabeth Powers Presidential Suite
5:00PM	<b>EVENING ON YOUR OWN</b> Coaches Q&A and Networking Social Hour in Room E				

## WACPC FALL CONFERENCE-SUNDAY, OCTOBER 18, 2009

8:00-8:50AM	<b>BREAKFAST BUFFET</b> Grand Ballroom with Opening Session at 8:45				
9:00-9:50AM	<b>Get Down 2 Get Up</b> Super CDA Staff Room AC	<b>Hip Hop Technique</b> Theresa Kubalak Room BDF	<b>Periodization</b> Kelly Hegarty Room E	<b>Flexibility</b> Josie Henningfeld Kate Fabbri Grand Ballroom	<b>Rules Meeting</b> Linda Schrage Presidential Suite
10:00-10:50AM	<b>Technique Basics</b> Josie Henningfeld Kate Fabbri Room AC	<b>Kick Technique</b> Kelly Hegarty Room BDF	<b>Positive Image</b> Kelli Ritsche Room E	<b>Tumble Time</b> Kevin Hooker Lance Stoltenberg Grand Ballroom	<b>Mental Blocks</b> Derek Ramel Presidential Suite
11:00-11:50AM	<b>Music Editing</b> Elizabeth Powers Room AC	<b>Contemporary Jazz</b> Josie Henningfeld Kate Fabbri Room BDF	<b>Power of New Coach</b> Kelli Ritsche Room E	<b>Super Stunts</b> Derek Ramel Super CDA Staff Grand Ballroom	<b>College Cheer Prep</b> Lance Stoltenberg Presidential Suite
12:00-12:50PM	<b>Training Muscles</b> Kelly Hegarty Room AC	<b>Hip Hop Tricks</b> Elizabeth Powers Theresa Kubalak Room BDF	<b>After the Competition</b> Kevin Hooker Room E	<b>Super Stunts 2</b> Derek Ramel Super CDA Staff Grand Ballroom	<b>Rules Meeting</b> Linda Schrage Presidential Suite
1:00-1:50PM	<b>CLOSING SESSION</b> Door Prizes/Evaluations/Lunch Snack				