
2011 WACPC FALL CONFERENCE

Cheer & Dance in the Town of Champs

SATURDAY, NOVEMBER 19

9:30-11:30	LOBBY AREA	Conference Registration
9:30-3:30	EXHIBIT HALL C	Vendor Mall
12:00-12:50	BALLROOM A	Opening Sessions for Coaches <i>2011 Coach of the Year Presentation</i>
	EXHIBIT HALL C	Pump it Up Warm-up for Athletes
1:00-1:50	EXHIBIT HALL C1	Super Stunts
	EXHIBIT HALL C2	Flexibility for Flyers
	BALLROOM B1	Turns
	BALLROOM B23	Power, Punch, Precision
	BALLROOM A	Think Like a Cheer Judge
	ROOM 5	Nutrition for Cheer and Dance
	ROOM 6	Positive Coaching Techniques
	ROOM 7	Dance Team vs. Dance Studio
	ROOM 8	Limited Time, Limited Space
2:00-2:50	EXHIBIT HALL C1	Visual Effects
	EXHIBIT HALL C2	Basic Tumbling
	BALLROOM B1	Jazz Combinations
	BALLROOM B23	Jumps and Leaps
	BALLROOM A	Dance Injury and Prevention
	ROOM 5	Nutrition for Cheer and Dance
	ROOM 6	Rookie Coach
	ROOM 7	Team Traditions
	ROOM 8	Social Media for Coaches
3:00-3:50	EXHIBIT HALL C1	Tumbling Choreography
	EXHIBIT HALL C2	Understanding Progressions
	BALLROOM B1	Flexibility for Dancers
	BALLROOM B23	Jumps and Leaps
	BALLROOM A	Raise your Voice
	ROOM 5	Fundraising with a Spin
	ROOM 6	Positive Coaching Techniques
	ROOM 7	Bring on the Bling
	ROOM 8	Social Media for Athletes
4:00-4:50	EXHIBIT HALL C1	Full Up, Full Down
	EXHIBIT HALL C2	Power Jumps
	BALLROOM B1	Hip Hop
	BALLROOM B23	Amazing Kicks
	BALLROOM A	Choreographing Dance Routines
	ROOM 5	Do the MATH
	ROOM 6	Identifying and Changing Negative Thinking
	ROOM 7	Pep Rallies
	ROOM 8	Music Cutting and Sharing



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SATURDAY, NOVEMBER 19 *continued...*

5:00-5:50	BALLROOM A	Town of Champs Dinner Celebration <i>2011 Sportsmanship Recognition...Hudson Cheer and Watertown Dance</i>
6:00-7:30	EXHIBIT HALL C ROOM 8	Team Bonding Fun and Shutdown/Restart WACPC General Membership Meeting
8:30-10:00	BALLROOM A EXHIBIT HALL C BALLROOM B23	Coaches' Social Open Stunts and Tumbling Funky Pom Dance...FLASH MOB

SUNDAY, NOVEMBER 20

6:30-8:30	HOTEL ATRIUM	Breakfast
9:00-9:50	EXHIBIT HALL C BALLROOM B1 BALLROOM B23 BALLROOM A ROOM 5 ROOM 7	Pump it Up Warm-up Pilates and Yoga for Cheer and Dance Amazing Kicks Team Bonding Fun Team Traditions Social Media for Coaches
10:00-10:50	EXHIBIT HALL C1 EXHIBIT HALL C2 BALLROOM B1 BALLROOM B23 BALLROOM A ROOM 5 ROOM 7	Full Up, Full Down Cheer Dance Turns Flexibility for Dancers Boot Camp Workout Cross Training for Dancers Do the MATH
11:00-11:50	EXHIBIT HALL C1 EXHIBIT HALL C2 BALLROOM B1 BALLROOM B23 BALLROOM A ROOM 5 ROOM 7	Pyramid Composition Basket Tosses Hip Hop Master Technique Effective Practices Team Traditions Identifying and Changing Negative Thinking
12:00-12:50	EXHIBIT HALL C1 EXHIBIT HALL C2 BALLROOM B1 BALLROOM B23 BALLROOM A ROOM 5 ROOM 7	Single-Based Stunts Formations and Transitions Power, Punch, Precision Master Technique <i>continued...</i> Think Like a Dance Judge Choosing the Right Competition Top 10 Habits of Highly Effective Coaches
1:00-1:50	BALLROOM A	Closing Session/Luncheon