
2011 SPRING FLING SESSIONS

John Steltz – Author of Beyond the Scoreboard John is a high school English teacher with 20 years coaching experience at the middle and high school levels. He uses his extensive experience and knowledge as a coach to speak about what the world of prep sports is really like and what needs to be changed to make it a more rewarding experience for athletes, coaches, parents and administrators. He will speak about going beyond coaching your sport. The importance of coaching athletes in life lessons, besides coaching the sport itself. Some questions that he will answer are: Who is responsible for the healthy development of a positive sense of self-worth in high school student-athlete? What are the overall purposes of high school athletics? When will the landscape of high school athletics regain its primary function as a learning environment? Why has the value of high school athletics become increasingly misaligned? How can coaches work together to ensure athletic programs enrich the lives of student-athletes in an increasingly competitive environment?

Taping Athletes/Basic First Aid/Concussions – Angela Lubach Angela has 15 years of experience as a Certified and Licensed Athletic trainer, working with youth athletes ages 8-18 and adults of all ages and abilities, from professional athletes all the way up to Senior Olympians. She will be talking and demonstrating techniques on proper taping of athletes, basic first aid and the signs and dangers of concussions.

Running a Successful Program Panel – Renee Buchholz, 2010 Dance Coach of the year, Former Kaukauna Varsity Coach and presently coaching DC Everest Dance, Kellie Strumbris, 2010 Cheer Coach of the Year, Crivitz Cheer Coach, and Todd Williams, Scholastic and All Star Coach in Sheboygan. Learn what it takes to run as successful program and ask questions of three experienced coaches of successful cheer and dance programs. The panel will consist of an all star program coach, a cheer coach and a dance coach.

Dealing with Difficult Parents and Athlete Attitudes – Kelly Hegarty Kelly teaches and develops curriculum for Just For Kix and is also the director of Advantage Dance by Just for Kix private camps and workshops. With more than 15 years of high school dance team coaching experience, a master's in education and a B.S. in biological science with an emphasis on health and fitness. She has a diverse background in track and field, gymnastics, strength training, marathons, and triathlons give her a unique perspective on training for dance. Kelly is a proud inductee in the Minnesota Association of Dance Team's Coaches Hall of Fame Learn skills and positive approaches to handling difficult parents and those athletes with attitudes.

Drills and Exercises to Improve Strength & Flexibility – Kelly Hegarty This class will teach you new drills and exercises that will improve the strength and flexibility of your athletes. The instructor will focus on drills and exercises that will improve your core, jumps, leaps and kicks.

Guide for "Rookie Coaches" – Kelli Ritsche Kelli Ritsche has been a high school cheer coach for 11 years. Kelli has been a member of the National Cheerleaders Association staff for four years as a camp manager and head instructor. She was a board and committee members for WACPC for four years. She has a passion for cheerleading and dance and can't wait to share her ideas with you. Surviving the first years of coaching is tough. Come learn the some techniques to make it just a little bit easier and receive contact information from veteran "big sisters" in your times of need!

Coaches Social –Come and brainstorm, interact, and network with other coaches and speakers in a relaxed and informal setting. This was a huge success last year!

2011 ADD-ON COURSES

★AACCA \$75

This is the United States' leading safety certification course for cheer and dance coaches. The course focuses on performance readiness, skill progressions, and medical and legal responsibilities in cheerleading. The safety manual is edited by legal consultant Dr. Gerald George of the University of Louisiana, Lafayette, where he is the nations' leading authority on gymnastics and cheerleading safety. Coaches who are AACCA certified gain the understanding of how to implement the need for safety as their program evolves. They can rest, assured that they are getting the best safety training from experienced professionals with expert credentials in cheerleading and risk management. Administrators will like the fact that AACCA provides a certified coach with one million dollars of secondary liability insurance coverage. This certification requires renewal every four years.

★NCSSE SAFETY CERTIFICATION PROGRAMS FOR CHEER AND DANCE COACHES

Cheer Master Level Certification is given upon completion of the four core classes:

*Cheer & Dance Coaching Principles and Ethics
Program Management and Cheer Fundamentals
Coaching Stunts and Tumbling I
Coaching Stunts and Tumbling II*

Dance Master Level Certification is given upon completion of the two core classes:

*Cheer & Dance Coaching Principles and Ethics
Program Management and Dance Fundamentals*

NCSSE COURSE DESCRIPTIONS

Cheer & Dance Coaching Principles and Ethics \$45

This course covers roles and responsibilities of a coach, safety management, sportsmanship ethics, relationship building, and program development.

Program Management and Cheer Fundamentals \$45

This course is a "how to" manual covering methods and practices that can lead to a successful cheerleading program. Forms and colorful illustrations contribute to the information you wish you had known when you began coaching. Coaches will also be presented with a more in depth and interactive approach to program development (practices, legal liability, etc.) and safety management. These topics include the following fundamental coaching skills: motion and jump technique, practice organization, conditioning, tryout implementation, legal responsibilities. This course is highly recommended for individuals with fewer than three years of experience as a cheerleading coach.

Coaching Stunts and Tumbling I \$45

This course is a must for safe stunting. Key elements of this course include standard terminology, proper skill progressions, spotting drills and techniques, and participant roles and responsibilities. This interactive course uses a video (which is available for purchase) and printed manual to review safe stunting practices and teach the steps in basic to intermediate stunts and tumbling skills. Skills covered will include stunts that are shoulder level and below and tumbling progressions up to and including a standing back handspring. Basic basket tosses and basic to intermediate coed stunts are also covered with an emphasis on grips, proper technique, and safety.

Coaching Stunts and Tumbling II \$45

This interactive course offers coaches' training on intermediate to advanced partner stunts and tumbling with an emphasis on safety. Stunts covered will include variations of extended stunts, dismounts, and advanced basket tosses. Advanced co-ed stunts are covered, including grips and proper technique. Tumbling progressions taught will include a back handspring series and skills up to and including non-twisting aerial flips. Key elements of this course include terminology, proper skill progressions, spotting drills and techniques, and participant roles and responsibilities.

Program Management and Dance Fundamentals \$45

This course is a "how to" manual covering instruction on basic counting of music, terminology, foot, hand and arm placements, step by step guides to correct spotting and balance drills for turns, and drills for better pirouette turns. Included is an in-depth dance glossary packed with terminology related to basic, intermediate and advanced dance steps, positions, leaps, turns, jumps, walks and variations. This course contains program management sections covering methods and practices that can lead to a successful dance program.