













CheerExpo 2016 Saturday Session Schedule

Time	Multi Purpose Room A Class Space 1	Multi Purpose Room B Class Space 2
10:00	Level 3 Stunts and Transitions: From the basics to elite skills, learn techniques and secrets to nailing solid, creative and visual stunt transitions. By Jerry Ozuna & Amber Maddox 	Back Handspring Trouble-Shooting: How to isolate, identify and improve common back handspring mistakes. If your back handspring is wonky...bring it! By Alvin Davis 
11:00	Levels 3-5 Twisting Mounts: Full Ups & Double Ups. Grips, drills, progressions and tricks to perfecting the the all-important twisting mount. By Jerry Ozuna & Amber Maddox 	Standing Tuck Check: A class for athletes close to their tuck to help them read their own skill to make adjustments and corrections. Drills to help you automate it. By Alvin Davis 
12:00	Hip Hop Happy: Learn a FUN, six-eight count dance routine to get your body movin' and groovin' and your soul smiling. By Jerry Ozuna & Amber Maddox 	Crash Course in Perfecting Round Offs: Round offs are the most important tumbling skill to master. Learn how to improve your tumbling at ANY LEVEL by improving this essential skill. By Alvin Davis 
1:00	LUNCH BREAK	LUNCH BREAK
2:00	Levels 1-2 Building Skills: Mastering the technique and progressions for successful and safe Level 1-2 stunting and pyramids. By Amber Maddox & Jerry Ozuna 	Back Walkovers 101: A do-it-yourself guide that incorporates "homework" to vastly improve your technique, connections, consistency and progression time. By Alvin Davis 
3:00	Choreography Basics: How many eight counts should my routine be? How many eight counts of dance (stunts/tumbling etc) should I have? What are BPM's and why are they important? Where should sound effects go? This is ground zero of routine building. By Jerry Ozuna & Amber Maddox 	Hit, Hit, Hit, Pull: Powerful Jump Training! Get the skinny on explosive jump skills with technical excellence. Also - technique and drills for skill connections and tips to perfect team jump timing. By Alvin Davis 
4:00	Basket Toss Perfection: Breaking down and perfecting the technique of baskets from Level 2-5. From Straight Ride up to Hitch Kick Double. By Amber Maddox & Jerry Ozuna 	Minimizing Injuries - A How-To-Guide: Cheer skills put stress on the body and can cause injuries. Many injuries however, can be avoided by incorporating an injury prevention program. By Alvin Davis 









Please note that parents/guardians/coaches are required for anyone under the age of 18 in ALL classes. Anyone attending classes must have a watch & learn pass or competitor/coach bracelet. Athletes and coaches are permitted in any level appropriate class. Coaches/parents/guardians are responsible for the behaviour and safe activity of all minors in any class space. You know your kids/athletes and their ability level...we do not. No outside food, drink or outside footwear are permitted in class spaces. Classes are first come first served.

Where are these class spaces? When entering the Main Forum entrance, turn RIGHT and go down the hallway (before entering the arena) and around the corner. Keep walking down the main hallway to the end where you will see a set of stairs. Go up the stairs and follow that hallway to the narrow hallway (on the right) which will take you down another flight of stairs to the main entrance to the multi-purpose (class) room.



Any class with a hand print indicates the opportunity for Hands-On Learning on a one-at-a-time basis with coach presence.

CheerExpo 2016 Sunday Session Schedule

Time	Multi Purpose Room A Class Space 1	Multi Purpose Room B Class Space 2
10:00	<p>Getting Creative with Level 4 Stunting: Exploring standard and create transitions and their techniques to make your L4 routine stand out from the crowd. By Jerry Ozuna & Amber Maddox</p> 	<p>The Mysterious Twisting Layout (Full): Don't "Just Try It". Instead, break the Full down into easy-learn steps to build confidence and ensure safety & consistent success. By Alvin Davis</p> 
11:00	<p>Twisting Dismounts and Basket Tosses: Full Down, Double Down, Kick Full, Hitch Kick Double and everything in between. Essential tips for twisting while airborne. By Jerry Ozuna & Alvin Davis</p> 	<p>Flexibility 101: Want to hit a perfect Heel Stretch? Want to perfect your jump skill? Want to reduce injuries? Flexibility should be an essential part of your training both in the gym and at home. By Amber Maddox</p> 
12:00	<p>Body Control Dance: This challenging dance class will break down some of the toughest muscle isolation movements in pop & lock and illusion skills. Only 4 eight counts long...Can you hang? By Amber Maddox & Jerry Ozuna</p> 	<p>Cloning Tumbling - How to Improve Timing, Cleanliness and Presentation. This session will differentiate <i>good</i> from <i>great</i> by presenting philosophies, strategies and tips to elevate team tumbling scores. By Alvin Davis</p> 
1:00	LUNCH BREAK	LUNCH BREAK
2:00	<p>Visual Choreography: The flow is seamless; the choreography is intricate; the difficulty is there. Now have the courage and passion to inject the over-the-top WOW factor to leave the crowd in awe. By Amber Maddox & Jerry Ozuna</p>	<p>Back Handspring 101: How to teach it, how to spot it, how to learn it. This class will present a plethora of drills and training techniques to help athletes automate this essential skill and prevent mind blocks. By Alvin Davis</p> 
3:00	<p>Visual Level 2 Stunts and Transitions: Creative and visual stunts and transitions for Level 2 to ensure your team stands out in the sea of Level 2 teams. By Amber Maddox & Jerry Ozuna</p> 	<p>Crawl, Walk, Run: A roadmap course that provides direction as to what tumbling skills an athlete should learn and when. This class will provide a long-term strategy with drills that will minimize mental blocks and injuries. By Alvin Davis</p>

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