














## CheerExpo 2017 Saturday Session Schedule

| Time         | Multi Purpose Room A<br>Class Space 1   | Multi Purpose Room B<br>Class Space 2   |
|--------------|---|---|
| <b>10:00</b> | <b>TWISTING LOADS:</b> Full Ups thru Double Ups. Grips & Tips for stunt groups to nail the basic twisting load. By CJ Pugh   | <b>WAKE UP &amp; MOVE IT:</b> Kick off your weekend by challenging yourself with this fun six 8-count body buster dance. Can you keep up? By Jerry Ozuna   |
| <b>11:00</b> | <b>IN THE BIZ: Make Cheer Your Full Time Job:</b> Wanna judge all over the world? Wanna travel and teach clinics or mix music? Wanna own your own gym someday? Learn from those who are doing it. By CJ Pugh, Chris McLeod & Jerry Ozuna                              | <b>TUCKS &amp; LAYOUTS:</b> A class for athletes close to their tuck or layout to help them read their own skill to make adjustments and corrections. Drills to help you automate it. By Hugh Smith & Ellie Black  |
| <b>12:00</b> | <b>BEYOND REGULAR FULL UPS:</b> Expand your building creativity playbook by adding a "twist" to your twisting loads. By CJ Pugh    | <b>CONDITIONING 101:</b> Learn how to customize based on ability, stunt position and tumbling level. What to include and WHY...and what to watch out for. By Chris McLeod    |
| <b>1:00</b>  | <b>THE BASICS - STUNT TECHNIQUE:</b> Mastering the technique and progressions for successful and safe Level 1-2 stunting for PERFECT technique scores. By Jerry Ozuna                | <b>FROM ROUND OFFS TO WALKOVERS:</b> Drills, spotting techniques and skills to learn the ESSENTIAL building blocks to Level 1 Tumbling perfection. By Hugh Smith & Ellie Black                                     |
| <b>2:00</b>  | <b>SUPER HERO SPOTTING:</b> Save Lives! Real spotting training procedures and techniques for falling correctly and catching safely every time. By Chris McLeod                     | <b>JUMPS:</b> Get EXPLOSIVE jumps by stretching, performing, repetition and conditioning using proper form and technique. By CJ Pugh   |
| <b>3:00</b>  | <b>PYRAMID MAGIC:</b> Add some creative pizzazz to your pyramid section while still hitting the score sheet. Think outside the box for big rewards at all levels. By Chris McLeod  | <b>JUST KICKIN' IT:</b> Breaking down the coolest Hip Hop & Break Dancing Moves (Pop & Lock, Tricking, Spinning, Kicks and more)! By Jerry Ozuna   |
| <b>4:00</b>  | <b>TO THE MOON! BASKET TOSS TECHNIQUE:</b> Learn the secrets to explosive and safe basket toss technique. It all starts at the bottom. By CJ Pugh                                  | <b>BACK HANDSPRINGS:</b> Got a wonky back handspring? Just learning? Tips on how to identify and improve common back handspring mistakes and drills to help you progress properly. By Hugh Smith & Ellie Black   |











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 safe activity and behaviour 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, go right 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 room.



Any class with a hand print indicates the opportunity for Hands-On Learning. Tumbling and Building classes offer hands-on learning on a one-at-a-time basis with coach presence.

## CheerExpo 2017 Sunday Session Schedule

| Time         | Multi Purpose Room A<br>Class Space 1  | Multi Purpose Room B<br>Class Space 2   |
|--------------|--|---|
| <b>10:00</b> | <b>LEVELS 5-6 WORLDS TEAMS STUNT FEST:</b> This is a self-directed session (no instruction). Just a chance for Worlds Teams to mingle, show off and play! Safety briefing and monitoring by CJ Pugh, Chris McLeod, Jerry Ozuna and ALL Worlds Team coaches. A coach must be present in order to participate! | <b>FULLS &amp; DOUBLE FULLS:</b> Learn technique, training tips, drills, benchmarks and proper spotting for twisting skills. Must have a solid layout to <i>physically</i> participate in this class. By Hugh Smith & Ellie Black                              |
| <b>11:00</b> | <b>ATTENTION: This session is restricted to Worlds Team Members and Coaches ONLY! Session ends at 11:45am to prepare for next session.</b>   | <b>FRONT TUMBLING: ADVANCED:</b> From Punch Fronts through 1/2 Twists. Add some variation and creativity to your tumble runs. For athletes in Levels 3-6 only. By Hugh Smith & Ellie Black   |
| <b>12:00</b> | <b>STUNT WARM UP: A recipe for breaking down the technique and perfecting the basics of stunting.</b> By CJ Pugh    | <b>FRONT TUMBLING: BEGINNER:</b> From Front Walkovers through Front Handsprings. Add some variation and creativity to your Level 1 and Level 2 Tumbling. By Hugh Smith & Ellie Black   |
| <b>1:00</b>  | <b>LEVEL 4 &amp; 5 BASKET TOSSES:</b> Preparing for and perfecting the technique for Level 4 and 5 twisting and skills + twisting basket tosses. By CJ Pugh   | <b>LET'S BOUNCE!:</b> FUN ALERT! A dance class for kids ages 10 and under only! You'll be doing this dance all over the house for the next few weeks! Shake that booty cutie pattodie! By Jerry Ozuna    |
| <b>2:00</b>  | <b>ROCKIN LEVEL 3 STUNTS AND TRANSITIONS:</b> Creative and visual stunt transitions for Level 3 to you never knew were legal! By Chris McLeod   | <b>JUST KICKIN' IT: Part Deux:</b> You loved it yesterday, so let's learn more today! Learn step by step how to hit some of the most "blow your mind" dance tricks. By Jerry Ozuna   |
| <b>3:00</b>  | <b>TWISTING DISMOUNTS:</b> Full Downs, Double Downs and variations. Essential tips and drills for twisting dismounts. By Chris McLeod   | <b>CONDITIONING FOR TUMBLING:</b> No matter how good your technique is, you will require strength, stability and endurance to be a great tumbler. Train the correct muscle groups for powerful and consistent tumbling success. By Hugh Smith & Ellie Black  |

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