













CheerExpo

Saturday Session Schedule 2020

| Time | Multi Purpose Room A Class Space 1 | Multi Purpose Room B Class Space 2 |
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| 10:30 | WINNING AT SCORE CHECK: Make sure you get what you deserve for your team by following these tried and true strategies and by preparing in advance. By Stephany DeRosa | HANDSTAND & ROUND OFF SECRETS: Back to basics! These elements are essential for all tumbling passes levels 1-7. Whether you are brand new or a seasoned Worlds-level athlete these tips will improve your technique. By Justin Schneider  |
| 11:30 | LEVEL 3-4 PYRAMIDS: Exploring creative ideas for Level 3-4 pyramids that stand out on the mat. By Stephany DeRosa  | TIKTOK GROOVY! A fun dance class for Tiny, Mini & Youth athletes AGES 12 and UNDER that'll keep you moving all week By Kyle Gadke  |
| 12:30 | BASKET TOSS PERFECTION: Breaking down and perfecting the technique for all levels of basket tosses to hit every driver on the scoresheet. By Stephany DeRosa  | WALKOVER MADNESS! Front and Back Walkover techniques, drills and skills. By Justin Schneider  |
| 1:30 | BEGINNER STUNTS & TRANSITIONS: Tried & true and NEW tips for teaching / learning essential building basics to set you up for progression success. TECHNIQUE trumps strength. By Kyle Gadke  | THE BACK HANDSPRING: Break it down, at home drills, gym drills, how to spot it and learn to identify and fix technique issues in yourself or your athletes. By Justin Schneider  |
| 2:30 | PERFECTING L4 STUNTS & TRANSITIONS: From the basics to the "WOW! That's cool!". Tips for solid Level 4 Building skills. By Stephany DeRosa  | HYPER-FLEX FOR FLYERS: Learn stretches and techniques to get FIERCE Body Positions that WOW even your competitors. By Kyle Gadke  |
| 3:30 | GETTING CREATIVE WITH LEVEL 1 STUNTING: You've got the basics...now let's play with possibilities & get creative. By Kyle Gadke  | MENTAL TOUGHNESS: How to keep your team / yourself fully invested through a TOUGH season. REAL TALK. These skills can "make or break" ANY team and is what helped me win so many Worlds globes. By Stephany DeRosa |
| 4:30 | LEVEL 7 BUILDING SKILLS: Flipping release moves, flipping & twisting and 2 1/2 High pyramid techniques that'll knock your socks off. How to keep it SAFE while also keeping it fresh. By Stephany DeRosa  | THE SECRET TO YOUR FULL: Learn techniques, drills and tips for twisting tumbling skills. Must have a solid layout to <i>physically</i> participate in this class. By Justin Schneider  |

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/age 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 down the hallway to the right (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. Prerequisite skills may apply.

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Sunday Session Schedule 2020

| Time | Multi Purpose Room A Class Space 1 | Multi Purpose Room B Class Space 2 |
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| 9:30 | ALL GIRL ELITE STUNTING: Learn tricks & tips for elite skills from a multi-globe winning coach. By Stephany DeRosa  | THE BACK HANDSPRING: Break it down, at home drills, gym drills, how to spot it and learn to identify and fix technique issues in yourself or your athletes. By Justin Schnieder.  |
| 10:30 | HIT! HIT! HIT! JUMP TRAINING: Nail ALL the jump drivers (including Height / Hyperextension) with these jump training techniques. By Kyle Gadke  | HITTING THE INTERNATIONAL SCORE SHEET: Switch up your mindset and learn how to NAIL the comparative (IASF) score sheet to get to the podium at any level. By Stephany DeRosa |
| 11:30 | BEAUTIFUL BASING: Focussing on the true rock stars of stunts...bases and back spotters. Tips and tricks to making stunts look easy. By Stephany DeRosa.  | IN-HOUSE CHOREOGRAPHY: Tricks & Trades for in-house choreo that hits the score sheet and WOWs the crowd. By Kyle Gadke |
| 12:30 | CREATIVE LEVEL 2-3 ENTRIES & DISMOUNTS: Why do what everyone else is doing when you can explore your creativity? Learn hot new techniques for visual skills that pop. By Kyle Gadke  | FLEXIBILITY HACKS: Body Shaping and Flexibility for ALL LEVELS of tumbling skills & stunts. By Justin Schneider  |
| 1:30 | TWISTING STUNT CLASS: Twisting up; twisting down and twisting transitions. Skills and drills for each level. By Stephany DeRosa  | FRONT TUMBLING HACKS: Step outside the box and learn the secrets to the skills that are proven to boost tumbling scores. These are the skills of future champions! By Justin Schneider  |
| 2:30 | THE BODY: PREPARING AND REHABBING ATHLETES: If you aren't training properly you are setting yourself up for injuries. Learn how to prevent injuries & properly rehabilitate after an injury for maximum potential. By Justin Schneider | TIKTOK ADVANCED DANCE: Up for a fun challenge? Think you can hang for these 4 eight counts? Bring it! By Kyle Gadke  |
| 3:30 | LEVEL 5-6 STUNTS & TOSSES: Think you know all the tricks of the trade? Make sure you are using the best techniques & drills...not just the most common. "Never stop learning how to do things better" is a motto to win GLOBES by. By Stephany DeRosa  | SETS FOR DAYS: The often ignored but essential piece of the puzzle for all arial skills. Whether you are a newbie or a pro...your "set" requires the correct technique & subtle changes based on desired skill. Break it down with an Olympic trainer. By Justin Schneider  |

MEET THE INSTRUCTORS

STEPHANY DEROSA - Montreal, QC

A legend in the cheerleading world, Stephany has been involved in cheerleading for 19 years. She coached at Flyers in Montreal, QC since its founding and has won Worlds globes as both an athlete and a coach. Her success in choreographing for the IASF International score sheet speaks for itself as she has coached 10 qualifying worlds teams (5 of which made it to the podium for Worlds Globes). She is also a coach for the Team Canada All Girl Premier team.

JUSTIN SCHNEIDER - Little Rock, AR

Justin is the Tumbling & Athlete Development Director at Cheer City United. In college, Justin studied Accounting, Management and Dance, before specializing as a Movement & Correction Specialist at the National Academy of Sports Medicine. Justin coached gymnastics at the collegiate level and also at the Junior Olympic Training Center. For more than 10 years now, Justin has been a leader in the cheerleading industry. His dance and tumbling knowledge combined with his experience as a a movement & correction specialist make him well rounded in all aspects of cheer.

KYLE GADKE - Miami, FL

Kyle is the Owner of Spirit FX.. His services have led to numerous champions at USASF Worlds, The Summit, D2 Summit, NCA College Nationals, NCA Dallas and Cheersport. In 2014, Kyle was named one of the industry's "Top 35, Under 35" and was runner-up, for the USASF Choreographer of the Year Award. Kyle has been a coach & choreographer in the cheerleading industry for 15 years at various gyms around the Midwest. He coached at Platinum Athletics in Saint Louis, MO area where he led his teams to Full Paid Bids to Worlds and producing Worlds and Summit Finalists. Kyle hung up his coaching shoes in 2016 to focus on the growth of Spirit FX.