













CheerExpo

Saturday Session Schedule 2023

Time	Multi Purpose Room A Class Space 1	Multi Purpose Room B Class Space 2
10:30	FOUNDATION OF LEVEL 2 BUILDING: Learn the building blocks and creative tricks for Level 2 stunting. By Sam Thomas 	HYPER-FLEX FOR FLYERS: Learn stretches and techniques to get FIERCE Body Positions that WOW even your competitors. By Dani Hilliard 
11:30	CREATIVE LEVEL 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 Sam Thomas 	WALKOVER MADNESS! Front and Back Walkover techniques, drills and skills. By Dani Hilliard 
12:30	PERFECTING L4 STUNTS & TRANSITIONS: From the basics to the "WOW! That's cool!". Tips for solid Level 4 Building skills. By Sam Thomas 	MOVE GROOVY! A fun dance class for Tiny, Mini & Youth athletes AGES 12 and UNDER that'll keep you moving all week By Dani Hilliard 
LUNCH BREAK		
2:30	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 Sam Thomas 	BEGINNER TUMBLING: Rolls, handstands, cartwheels, body shaping, body control and drills By Dani Hilliard 
3:30	BASKET TOSS PERFECTION: Breaking down and perfecting the technique for basket tosses to hit every scoring factor on the scoresheet. By Dani Hilliard 	IN-HOUSE CHOREOGRAPHY: Tricks of the trade for in-house choreo that hits the score sheet and thrills the crowd. By Sam Thomas 
4:30	LONG TERM ATHLETE DEVELOPMENT: What it means and why it's important for coaches AND athletes to embrace By Sam Thomas 	POWER HURDLES & ROUND OFF PERFECTION: JAW-DROPPING tumbling is POWERFUL tumbling... and it all relies on the entry skills! Consistent perfection of technique and increasingly powerful momentum are key! By Dani Hilliard 

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. Competitive 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 and before entering the arena, go down the hallway to the right...around the corner and all the way down. Go up the stairs and follow that back 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 2023

Time	Multi Purpose Room A Class Space 1	Multi Purpose Room B Class Space 2
10:00	FOUNDATIONS OF ELITE BUILDING - LEVELS 5-6: Inversions, Releases and Twists ...OH MY! Proven techniques, tips and tricks to solid and safe introduction to elite building skills. By Sam Thomas 	TUMBLING DRILLS DRILLS DRILLS: Whether at home or in the gym, DRILLS are the essential building blocks of all tumbling skills to perfect shaping, strength, muscle memory and control. By Dani Hilliard 
11:00	ADVENTURES IN OWNERSHIP: STARTING AND RUNNING A SMALL GYM: Building a program in a small town to National and International titles. Challenges & solutions. By Sam Thomas	HIT! HIT! HIT! JUMP TRAINING: Nail ALL the jump scoring factors (including Height & Hyperextension) with these jump training techniques By Dani Hilliard 
12:00	ROCKING THE CREATIVITY WITH LEVEL 1 STUNTING: You've got the basics...now let's play with possibilities and get creative! By Sam Thomas 	ALL ABOUT THE BACK HANDSPRING: Breaking it down, body shaping, at home drills, gym drills, how to identify and fix technique issues. By Dani Hilliard 
LUNCH BREAK		
2:00	PERFORMANCE POLISHING: Everything BETWEEN skills. Learn how to shine and how & when to "hide" to direct visual focus. Learn different ways to move to spots, how to accentuate your skills with proper motions, facials and flair for a clean performance that WOWs! If your routine is the cupcake, this is the icing. By Sam Thomas 	MAX FLEX: Advanced flexibility stretches, exercises and drills for jaw-dropping body positions and improved stability in stunts & pyramids. By Dani Hilliard 
3:00	THE POWER OF BREATH: Learn three different types of breathing exercises that change the way your body functions for optimal high level performance By Dani Hilliard 	AMPED UP DANCE: Can you move it? Can you groooooove it? Bring your energy and be ready to get your heart pumpin' for this creative & fun dance. By Sam Thomas 

MEET THE INSTRUCTORS

SAMANTHA THOMAS, BA English & History - York University

Sam approaches skills development from a technical perspective, encouraging coaches and athletes to perfect the biomechanics of movement to achieve success. An athlete in High School, University and the All Star world, her passion for the sport kept her thirsting for more. As the founder and gym owner of Cheer Core for 13 years, Sam has coached teams to multiple UCA top 3 finishes as well as NCA Champions. She was a choreographer and instructor for Spring CDT for 5 years, Cheer Factory Inc for the past 2 years and a skills instructor for the past 13 years.

DANIELLE HILLIARD, BA Sociology & Criminology - UWO ; BA in HR Management - U of T

Danielle was a nationally ranked gymnast, as well as a 3x ICU World Champion with Team Canada Coed. She has spent the past 15 years coaching competitive cheerleading and teaching clinics. In turn, Danielle has developed a passion for coaches education and training and shared her knowledge & experience as a board member of Cheer Canada. She competed for 12 years as a Worlds athlete, represented Team Canada Coed for 5 years (3 World Championships) and won 3 National University Championships with UWO. She coached for 12 years at PCT and has been a skills instructor for Cheer Factory Inc for the past 6 years. Films you may have seen her in: Zombies 2 & 3, Bring it On 7 and Full Out!