

CheerExpo

Saturday Session Schedule 2024

Time	Class Space 1	Class Space 2
10:30	TOSS TECHNIQUE & BODY SHAPING: Small technique changes that make a big impact on toss height for all levels. Plus flyer body shaping for levels 2-7 tosses. By Rolton Edwards 	WALKOVER MADNESS! Front and Back Walkover techniques, drills and variations. By Sam Hodgins 
11:30	PERFECTING L3 STUNTS & TRANSITIONS: From basic level 3 skills to skills that WOW. Tips for solid & consistent Level 3 Building Skills. By Rolton Edwards 	BACK HANDSPRING BUILDER: Take away drills and exercises to perfect body shaping, technique and power to accelerate back handspring mastery. By Sam Hodgins 
12:30	ROCKING THE CREATIVITY WITH LEVEL 1 STUNTING: You've got the basics...now let's play with possibilities and get creative! By Rolton Edwards 	MIGHT AS WELL JUMP (JUMP!): Nail ALL the jump scoring factors (including Height & Hyperextension) with these jump training techniques Sam Hodgins 
LUNCH BREAK		
2:30	CREATIVE LEVEL 2 BUILDING SKILLS: Learn creative & visual ways to get in and out of your favorite Level 2 building skills. By Rolton Edwards 	THE ULTIMATE TUMBLE WARM UP: A complete take-away routine for home use or team practice that will accelerate skill progression and perfection By Sam Hodgins 
3:30	GROWTH FOCUS: Maximizing Revenue and Gym Profitability: Innovative Income-Generating Programming. By Sam Hodgins 	IT'S JUST FLIPPIN FUN: Look Ma...no hands! Aerials, front tucks and back tucks. By Rolton Edwards 
4:30	CHOREO BOOST: Elevate Your Cheerleading Routine - Creative Transitions, Perfection, and Rule Mastery. Perfect for DIY and CIT's. By Rolton Edwards 	WORK IT! Calling all DANCE lovers...this is the class for you! Open to groovers of all ages. By Sam Hodgins 

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 food, drink or outside footwear are permitted in class spaces. Classes are first come first served.

Where are these class spaces? Head toward the Warm Up area in the Exhibition Hall. Once you pass through the doors, follow the signs to the far left. Signs will indicate which space is Class Space 1 or 2. Note that you must pass through the main arena / competition area. The class spaces are not accessible from outside.



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 2024

Time	Class Space 1	Class Space 2
10:00	FOUNDATIONS OF ELITE BUILDING: L5-6: Inversions, Releases and Twists ...OH MY! Proven techniques, tips and tricks to solid and safe introduction to elite building skills. By Rolton Edwards 	LET'S DANCE! A fun dance class for U6 - U12 athletes that'll keep you moving and smiling all week. By Sam Hodgins 
11:00	TAKE IT WITH A TWIST: Full Ups and Full Downs. The latest techniques and drills to twisting perfection. By Rolton Edwards 	THE ULTIMATE TUMBLE WARM UP: A complete take-away routine for home use or team practice that will accelerate skill progression and perfection By Sam Hodgins 
12:00	PYRAMIDS WITH PUNCH: Level 4 rules open the door to a plethora of highly visual ideas to add a pop of pizzazz to your L4 pyramids. By Rolton Edwards 	FLYER HYPER-FLEX & BODY SHAPING: Learn stretches and techniques to get FIERCE Body Positions that hit, stick and cause jaws to drop! By Sam Hodgins 
LUNCH BREAK		
2:00	HEIGHT & FLEX: Jump technique, body shaping and flexibility drills. By Sam Hodgins 	FULL-FLEDGED FLIPPING: Breaking down the full twisting layout into easy-to-digest bits. Perfect for athletes, coaches and CIT's. By Rolton Edwards 
3:00	CREATING A DANCE: Let's do it together! Build a dance in real time by identifying what judges are looking for and then melding those score-sheet-hitting elements together. By Rolton Edwards 	HOME WORKOUT: Take home conditioning routines that can be tailored for flyers or bases to amp up your skill progressions. By Sam Hodgins 

MEET THE INSTRUCTORS



ROLTON EDWARDS, Choreographer, Stunt & Pyramid Specialist

Rolton has over 20 years of cheerleading experience and is the co-owner of Spirit FX Canada. He is credentialed through to level 7. Rolton has worked in all facets of cheer from coaching all levels, gym directing, judging, business consulting to his roles with Spirit FX Canada. What Rolton loves most about Spirit FX is getting to work with a passionately committed staff that drives us all to become better.



SAM HODGINS, Choreographer, Consultant and Co-Owner Spirit FX Canada

Sam has 17 years cheerleading experience. She is credentialed through to level 7. Sam has worked in many different cheer roles from coaching all levels, gym directing, judging, business consulting to now owning and operating Spirit FX Canada. What Sam loves most is helping our team learn and grow, and helping our clients manifest their goals!