

# 2007 RCCA Conference Schedule

9:00	<b>Registration</b>	11:30	Bag Lunch and Roundtable chats
9:30	Welcome & Intros		
9:45	Safety Guidelines & Quiz (Intermed)	12:30	Stunt II (Intermediate)
	Hands on Spotting		Hands on Spotting
	Choreography & music III (Advanced)		Choreography & Music I (Novice)
			TP3 Mental Toughness for Athletes
10:45	Safety Guidelines & Quiz (Novice)	1:30	Safety Guidelines and Quiz III
	Stunt III (Adv)		Stunting I (Novice)
	Hands on Spotting		Choreography & music II (Intermed)
	Coaching Safety	2:30	* Confirm Goals & new plans
			*Select Committee Chairpersons

## Class Overview

### Safety Guidelines

#### **Novice**

Terminology  
Skill progression  
Safety Guidelines

#### **Intermediate**

Review Terminology  
Safety Guidelines  
Quiz

#### **Advanced**

Review Terminology  
Safe progressions  
Safety Guidelines  
Quiz

### Hands on Spotting

Learn how to coach your team to safety. Create a safer environment for your team as you learn Specific hands-on techniques and drills to instill into your program.

### Choreography

#### **Novice I**

Routine Types  
Evaluating your squad/group  
(Individual weakness and strengths)  
Selecting levels of difficulty  
Elements of Score Sheets  
Elements of your routine  
How to do an eight count  
Use of music and words

#### **Intermediate II**

How to improve your routine  
  
Cheer selection  
Dance selection  
Stunts & Pyramids selection  
Music selection

#### **Advanced III**

Creating a winning routine  
  
Critiquing good routines  
Using the score sheet to your advantage  
Creating visual elements  
Sources for music and choreography

### Stunt

#### **Stunt I**

Stunt terminology  
Step Lock Drills  
Body positions for tops and bases  
Basic Dismounts  
Beginner stunts: thigh level to prep

#### **Stunt II**

Stunt terminology review  
Step Lock Drills  
Body positions for intermediate  
Cradles and twist dismounts  
Preps to extensions & one footeds

#### **Stunt III**

Stunt terminology review  
Step Lock Drills  
Body positions advanced  
Spotting for advanced  
Twist dismounts  
One footed stunts, retakes and transitions

#### **Preparing to Compete**

Mental toughness is often overlooked when preparing to perform. TP3 is a program that will enable you to get more out of your teams through their own mental power.

**New**

#### **Past Presenters have included:**

Koryn Dilday, Cheer Technique, NC  
Jeff Martino, Coach, UDE  
Linda Chapman, President, ACE  
Daniel Boone HS Varsity, PA  
Debbie Bartell, Nat'l Competition Judge  
Gail Boettcher, Bert Bell League, PA