



LOCATION:

Hyatt Regency Dallas, 300 Reunion Boulevard, Dallas, TX 75207

Full Session Offerings & Descriptions can be found after the schedule in this document.

Thursday, August 9th: Pre-Meeting

- 10:00 am-6:00 pm Level 6 Credentialing Course & Testing
- 3:00 pm-8:00 pm Cheer Credentialing (Levels 1-5)
- 6:00 pm-8:30 pm Check-in for Pre-Registered Attendees & On-site Registration

Friday, August 10th: National Meeting Day 1

- 7:30 am-8:45 am Registration & Check-in

- 9:00 am-10:15 am **ELEVATE: Meeting Welcome & Kick-off**
Meeting Welcome & Keynote Presentation All Attendees
Jim Chadwick, President, U.S. All Star Federation
ELEVATING YOUR GAME: Providing Athletes with Experiences to Maximize Performance Now & For Years to Come
All Attendees
Tina Syre, Chief Impact Officer, Positive Coaching Alliance

- 10:30-12:30 pm *Session I*
For Owners:
YOUTH SPORTS: OPPORTUNITIES FOR IMPACT & GROWTH
Keynote presented by Travis Shives, Vice President, SportsEngine
Followed by a Panel Discussion

For Coaches:
MASTERY: Coaching for Peak Performance Presented by Positive Coaching Alliance
** This will meet the requirement for the mandatory PCA course for credentialing candidates. This is DIFFERENT than the online course and the courses offered at previous National Meetings*
Cheer Rules Workshop
Extended Session from 10:30 am to 2:30 pm. Lunch included (separate registration required)

- 12:30 pm-2:30 pm Lunch Break | Peer 2 Peer Mentoring

- 2:45 pm-3:15 pm Cheer: Rules Slate Presentation
Dance: Rules Updates

- 3:30 pm-5:30 pm Cheer: Regional Assemblies
Membership Forums
Dance: National Assembly

- 5:45 pm-6:45 pm Worlds Scoresheet Preview & Member Feedback
Optional session offered for both Cheer & Dance

- 8:30 pm-10:30 pm Connection Mixer

Saturday, August 11th: National Meeting Day 2

9:00 am-10:00 am <i>General Session All Attendees</i>	FULFILLING THE MISSION OF THE USASF <i>Amy Clark, Vice President, U.S. All Star Federation</i>
10:10 am-11:00 am <i>Development Session I</i>	Attendees choice (1 of 7 classes)
11:10 am-12 noon <i>Development Session II</i>	Attendees choice (1 of 7 classes)
12 noon-2:00 pm	Lunch Break Peer 2 Peer Mentoring
2:05 pm-5:00 pm <i>Extended Sessions</i>	Attendees choice (1 of 6 sessions)
6:00 pm-6:30 pm	Hors d'oeuvres
6:30 - 7:30 pm	Member Recognition Celebration
7:30 - 9:00 pm	President's Reception with Hors d'oeuvres and Open Bar

Additional Offerings Listed Below (additional registration required)

Saturday, August 11th: Legality Official Training (Cheer)

1:00 pm-9:00 pm Cheer Legality Official Training

Sunday, August 12th: Legality Official Training & Leadership Workshops

8:00 am-11:00 am Cheer Legality Official Training & Testing

9:00 am-5:15 pm LEADERSHIP COURSES: IMPACT, BOLT, MARCH

12:00 pm-5:00 pm Dance Legality Official Training & Testing



SESSION DESCRIPTIONS & ADDITIONAL OFFERINGS

U.S. All Star Federation National Meeting
August 10 & 11, 2018
Dallas, TX

GENERAL SESSIONS & KEYNOTE ADDRESSES

ELEVATE

USASF President, Jim Chadwick, kicks off our National Meeting by introducing the central theme that connects all sessions. You'll be inspired to learn, share and ELEVATE All Star!

ELEVATING YOUR GAME: Providing Athletes with Experiences to Maximize Performance Now & For Years to Come

You'll come away with actionable tips and tools to make the most of your important role to develop athletes to perform their best today and to equip them with life lessons that transcend sport. We'll discuss how to collectively "elevate our game" to provide all stakeholders with a positive experience that strengthens and grows our sport. Tina Syer, Chief Impact Officer for the Positive Coaching Alliance, will serve as this session's keynote speaker.

FULFILLING THE MISSION OF THE USASF

The collective "we" in All Star has a responsibility to fulfill the mission of the USASF to ensure that All Star is an enduring youth sport. Join Amy Clark, USASF Vice President, as she helps you navigate your role in aligning with, and amplifying, our shared mission.

USASF Mission: To support and enrich the lives of our All Star athletes and members. We provide consistent rules, strive for a safe environment for our athletes, drive competitive excellence, and promote a positive image for the sport.

YOUTH SPORTS: Opportunities for Impact & Growth (Owner's Session)

SportsEngine Vice President, Travis Shives, will discuss the challenges that *all* specialized club sports are currently facing. Rooted in experience working for, and with, successful national governing bodies, as well as six years contributing to SportsEngine growth from a small tech startup to a division of NBC Sports, Travis will provide a point of view on creating, fostering, and leading a culture of accessibility and growth in youth sports.

A panel of experts will further the topics introduced by our keynote speaker and identify key areas of focus for the next few years and help craft strategies to collectively achieve success.

MASTERY: Coaching for Peak Performance Presented by Positive Coaching Alliance*

In this workshop, National Meeting attendees and our Positive Coaching Alliance (PCA) Trainer will engage in interactive discussion of how coaching for "Mastery" can lead athletes to peak performance. Research from the world's top sport psychologists and researchers, who serve on PCA's National Advisory, will be explored with a particular emphasis on how these ideas can be tangibly implemented by coaches. We will explore specific challenges such as:

- Maximizing athletes' effort,
- Combating nervousness,
- Projecting confidence and positivity,
- Coaching athletes through a plateau,
- Implementing individual goals, and
- Helping athletes through adversity.

** This will meet the requirement for the mandatory PCA course for credentialing candidates. This workshop builds on the PCA online course and the live courses offered at previous National Meetings and delivers content not previously covered in these other PCA offerings.*

RULES SLATE PRESENTATION: Cheer

As part of the biennial rules process, Alison Stangle, Executive Director of Rules and Safety, will present the rules proposals to our members. Members will have an opportunity to review and discuss the rules and age grid proposals that have been submitted for consideration for the 2019-2020 and 2020-2021 seasons.

MEMBERSHIP FORUMS

The National Meeting offers an opportunity for members to assemble and discuss the cheer rules slate proposals, issues and challenges facing the All Star community, and governance. No topic is off limits. Each assembly will be All Star specific:

Cheer: Regional Assemblies

Cheer coaches and owners will assemble by region to discuss cheer specific topics. Each regional director will moderate the discussion and connect with members from their region.

Dance: National Assembly

Dance coaches and owners will assemble to discuss dance specific topics. USASF Dance leaders including Lynn Singer (Executive Director of Dance), Meredith Walker (Director of Dance Rules & Safety), Mary Wendt (Director of Education) and Cheryl Paquette (Director of Adjudication) will moderate the discussion and connect with members.

DEVELOPMENT SESSIONS

Continuing Education Credits & Certificate Opportunities

The National Meeting will include two 50-minute class sessions. During each session, attendees will have an opportunity to choose from one of seven classes to attend. Each class is worth 1 Continuing Education Credit (CEC). CEC's will apply to a members professional development profile.

Class offerings have been created to be autonomous, however, when certain courses are paired together they fall into one of 3 classifications:

- Athlete Well Being & Safety (A)
- Coach Development (C)
- Program Administration (P)

Certificates of Participation will be issued when an attendee participates in a Session I offering and a Session II offering that has been paired for a certificate opportunity.

Athlete Well Being & Safety (A)

Attend one of these Classes in Session I:
360 Approach to Athlete Protection
Brain Health 411
Creating a Supportive Environment

Attend one of these Classes in Session II:
Mental Health Awareness Tool Kit
Concussion Protocol & Best Practices

Coach Development (C)

Attend one of these Classes in Session I:
Coaches Quest 1
Creating a Supportive Environment
Understanding Learning

Attend one of these Classes in Session II:
Coaches Quest 2
Lead by Example & Pass It On
Coaching Strategies & Application

Program Administration (P)

Attend one of these Classes in Session I:
Positive Parent Engagements
Growing & Strengthening All Star 1
360 Approach to Athlete Protection
Brain Health 411
Creating a Supportive Environment

Attend one of these Classes in Session II:
Grace Under Fire
Growing & Strengthening All Star 2

NOTE: Attendees are not required to attend a certificate pairing for the class they attended in Session I. Each class curriculum has been created as an independent learning opportunity where participation in Part 2 is not dependent upon an understanding of the information presented in Part 1. This allows attendees to broaden their understanding in a variety of topics.

DEVELOPMENT SESSIONS: Session I Courses (Saturday 10:10-11:00 am)

360 Degree Approach to Athlete Protection: What's Your Score?

Certificate: (A) or (P)

Creating a safe environment for the athletes placed in your care is quite possibly the most significant responsibility you face as an adult who works with children. In this session you will assess how well your program is meeting the needs of the athletes you are charged with protecting and gather the resources you need to equip not only yourself but your coaches, athletes, and parents.

The Coaches Quest - Your Voyage to Professional Success Part 1

Navigating the Sea of Professional Level Coaching

Certificate: (C)

Navigate the waters of effective and professional coaching. Stops along the way include professionalism in practice, relationship boundaries with athletes and parents, professional interaction with parents and co-workers, professional expectations at events, how to handle the times when the seas are rough and much more.

Strategies for Positive Parent Engagement

Certificate: (P)

Athlete success requires a partnership between parents, owners and coaches. Explore tips, strategies, and resources to help improve the connection from home to the gym/studio through positive parent engagement.

Growing & Strengthening All Star Part 1

Using USASF Programs & Resources

Certificate: (P)

Here we Grow! This session provides insight for owners on the many resources available to attract new athletes to All Star. Examine the pathway for successfully growing your business by focusing on the eight-year-old and younger market. Take a deeper dive into knowing how to convey the right message to your targeted audience and implementing the Partnering in Education and Partnering in Preschool programs.

Understanding Learning Styles

Certificate: (C)

Have you ever had an athlete look at you with a glazed over eyes while you are trying to teach them a skill? The struggle is REAL! Understanding how an athlete learns academically will aid in your coaching strategy to provide a positive experience for both the athlete and you. This session will address strategies for each of the learning styles and give insight into how to engage the athlete according to their specific learning style.

How to Effectively and Responsibly Create a Supportive Environment

Your Role in Addressing Bullying and Other Forms of Harassment

Certificate: (A), (C) or (P)

Members will explore the different types of bullying that can occur and obtain strategies if you observe, or if an athlete reports, they are being harassed. A Project Love professional will teach coaches how to navigate these challenges in an interactive discussion.

Brain Health & Baseline Testing 411

Certificate: (A) or (P)

Research shows a growing collective anxiety about the risks associated with sports-related head injuries among parents. It is imperative that coaches educate themselves on the importance of brain health and baseline testing as an annual or pre-season tool.

DEVELOPMENT SESSIONS: Session II Courses (Saturday 11:10 am-12:00 noon)

Mental Health Awareness Tool Kit: Spotting What You Can't See

Certificate: (A)

Learn about "spotting" the signs, symptoms, risk factors and protective factors of emotional distress that aren't as easy to see as a flyer in distress. Anxiety, Depression, Self Harm, Eating Disorders - How do you help and what is your responsibility?

The Coaches Quest - Your Voyage to Professional Success Part 2

Charting the Course of your professional obligations and responsibilities

Certificate: (C)

Set sail in understanding your obligations and responsibilities as a professional coach. Gain knowledge about USASF policies and procedures, creating rosters, and ensuring compliance. Learn your role and duties as an All Star Professional and how to take responsibility for yourself and your team and be the captain of your ship on your All Star Voyage.

Grace Under Fire

Certificate: (P)

Learn the Art of the PAUSE- Confrontation is inevitable whether it be with parents, athletes or judges. Learn the skills to effectively listen and turn a potential confrontation into a professional discussion.

Coaching Strategies & Practical Application of Learning Styles

Certificate: (C)

Become a master through adopting coaching strategies for individual athletes based on their age, personality and communication styles. Equip yourself with tools to support your athletes in a manner that will elevate their confidence and make them LOVE how you coach.

Growing & Strengthening All Star Part 2

Contagious Marketing - Learning the Law of Attraction

Certificate: (P)

What makes All Star attractive to parents and athletes? Does a 95% retention rate appeal to you? This session will provide insights on utilizing the USASF Phone Retention Program and National All Star Cheer & Dance Day as the two prime opportunities to expose your program as the one to join for the long run. Equip yourself and your staff with tools and tricks that make our sport the one to choose and, more importantly, the one with which they stay. Learn the official NASCDD dance and remember, if your customers are happy it is contagious and they will market for YOU!

Lead by Example & Pass It On: Are you the best role model you can be?

Certificate: (C)

In this session you will explore the importance of integrity and how to develop skills that promote being a positive role model. Learn more about the Leadership Education that the USASF provides for its members: from the new FUNdamentals resources to What's your IQ Junior, What's your IQ, BOLT, MARCH, IMPACT and Project Love. Discuss implementing these value added resources and discovering the leader in all of your athletes.

Concussion Protocol & Best Practices

Certificate: (A)

Concussions are a risk for any athlete, but are a particular concern for those participating in cheerleading due to the nature of the activity involving height, inversion and rotation of the body as well as physical interaction and contact with other team members. All Star Programs must have an understanding of the causes, signs and symptoms of concussions as well as, a clear and outlined protocol for athletes who have or are suspected of having suffered a concussion. This session will address the best practices surrounding concussions in All Star cheer and dance.

EXTENDED SESSIONS

The National Meeting will include an extended session (160 minutes) for attendees on Saturday afternoon. Choose between one of our Panels and Round Table Discussions for Owners OR one of our Training Sessions for Coaches.

BEST PRACTICES - Panels & Round Table Discussions for All Star Program Owners

Continuing Education Credits will be awarded to attendees in each of the following extended sessions. Each owner will receive 2.5 CEC's.

Jump Start

This session is for All Star Program Owners who have been in business for 1 to 4 years. Content applies to both Cheer and Dance Programs.

Join Regional Directors and Connection Leaders as they provide tips for All Star business success for programs new to All Star: from business plans and budgets to marketing and hiring practices. Attendees will receive the Jump Start workbook.

Legacy Launch

This session is for All Star Program Owners who have been in business for 5 or more years. Content applies to both Cheer and Dance Programs.

If you have been in business for 5 years, you have made it over the hump; now what? What is the next step to provide your employees and your customers MORE? Join members of The Connection for a panel discussion aimed at broadening and accelerating your level of success. Attendees will receive the Legacy Launch workbook.

ALL STAR PROGRAM IMPLEMENTATION- Training Sessions for Coaches

Continuing Education Credits will be awarded to attendees in each of the following extended sessions. Each attendee will receive 2.5 CEC's.

Exceptional Athletes: Identify Specific Disabilities and How to Train Through the Disability

Why such an elaborate Assessment Form? Glenda Broderick, USASF Exceptional Athletes Director will explain how and why spending time with the parent/guardian will help you discover identifiers on the form to aid in preparing the Exceptional Athletes for training to be as independent as possible on the practice and performance floor. Debbie Love, All Star expert, will provide instructions on targeted skills to apply safe guidance for warm-ups, teaching dexterity, conditioning as well as ideas to add to routines.

FUNDamentals for All Star Cheer - Implementation Success

Don't miss out on FUNdamentals! This USASF program is aimed at helping you attract a new customer base to grow your business! FUNdamentals is a short-term, non-committal, low-cost introduction to All Star in a weekly class format. The entire program has been developed for YOU as a member benefit! Learn how to use the tools provided and add this new offering to your program successfully and profitably. This course will cover all aspects of the FUNdamentals program:

- How to use the provided skill modules and choreography modules to develop lesson plans
- How to best prepare for weekly classes
- How to successfully launch and implement the FUNdamentals program
- How to engage parents
- How to develop your coaches, and
- How to use FUNdamentals as a stepping stone for growth

Recognizing and Managing Injuries, Including Best Practices for Return-to-Participation

Dr. Lindsay Stephens, Board Certified in Family Medicine and Sports Medicine, will share with attendees how to recognize and assess injuries common to All Star Cheer. She will also address one of the most often discussed topics among injured athletes and parents, coaches and healthcare personnel: "When can I go back and play?" Return-to-participation (RTP) recommendations following injury can be a difficult decision for health-care professionals and athletes/parents/coaches due to the various factors that must be considered to make an educated decision.

Elevating All Star Dance

In this Extended Session, you'll obtain tools to better train your dance athletes in injury prevention, and you'll dialogue with All Star Dance leaders about strategies for a strong and flourishing program in pom, jazz and hip hop.

Corrective Exercises for Dancers: Vanessa Graziano, Certified Corrective Exercise Specialist, will lead this session with the goal of answering the question: How can we begin to prevent injuries due to repetitive motion demands? Vanessa will address common imbalances and/or injuries that tend to occur in dancers' bodies due to typical repetitive motion demands and will introduce simple ways to mitigate them.

Strategies for Strong Programs: Dance experts and program owners lead open conversations specific to pom, jazz and hip hop on topics including building great coaches, developing teams and managing your business for success both on and off the Marley.

ALTERNATE TRACK: Cheer Rules Workshop (FRIDAY)

Coaches may choose the alternate track on Friday (additional fee of \$25)

NOTE: Attendees who chose the Alternate Track to participate in the Cheer Rules Workshop will not attend any of the offerings between 10:30 am and 2:30 pm on the National Meeting Schedule.

Cheer Rules Workshop Track

Join Ali Stangle, Dana Fielding, and special guests as they bring the rules to life through video and live stunt demonstrations. This is an in depth workshop where you learn the nuances of the rules while gaining a real understanding in a fun, interactive environment. This workshop will explain the language, the intent behind the rules and how to prepare your athletes with skills focused on safety through level rule progressions. This workshop is for all experience levels and includes a working lunch. Learn the rules through the eyes of the experts and unlock your coaching potential.

Friday Schedule for attendees on the Alternate Track

9:00 am-10:15 am	Meeting Welcome & Opening
10:30 am-2:30 pm	Rules Workshop (Working Lunch Included)
2:45 pm-3:15 pm	General Session: All Attendees
3:30 pm-5:30 pm	All Star Forums with Regional Director & Connection Leaders
5:45 pm-6:45 pm	Worlds Scoresheet Preview & Member Feedback (optional)
8:30 pm-10:30 pm	Connection Mixer

To register for this track: *Visit the Credential Website by logging into your USASF Member profile and selecting Credential Website from the dropdown in the top right part of your dashboard. Click on Meetings & Events, Locate Rules Workshop, Click on Find Out More and Click on Register Now.*

EVENING MIXERS & RECEPTIONS

Connection Mixer

Your Connection Leaders are hosting a social mixer and want to meet and get to know YOU! Join them and your Regional Directors Friday night and chat about everything All Star. Do you have an idea to share? Need advice? Want to meet a specific Connection Leader, or become one? Come to mix and mingle, grab a bite and a beverage, and get CONNECTED!

President's Reception & Member Recognition Celebration

Tonight, we recognize the excellence, inspiration and successes of USASF members. More than just giving awards for "the best of," we're honoring achievement in the implementation of USASF programs, leadership displayed through values, service and integrity, and inventiveness in program management and growth. The Recognition Ceremony will be followed by a reception with light food and beverages. Come and celebrate your peers, be motivated by their accomplishments and let's elevate All Star together!

ADDITIONAL OFFERINGS

PEER 2 PEER MENTORING

Mentoring is available to all USASF Professional Members. Need advice for growth? Athlete retention? Parent engagement? Let the USASF connect you with the best mentor for YOUR specific needs. Upon registering for the National Meeting, be sure to indicate your interest in a mentor and our team will make the connection for you!

Here is the link if you wish to connect with a mentor:

https://usasf.formstack.com/forms/usasf_connection_march_14_gtw_copy

CHEER WORLDS CLUB SCORING: Preview & Feedback

Join us to see the first look at the draft of Club Division Scoring for The Cheerleading Worlds® in 2019. The session will include a review of the scoring system draft, the potential differences from The Cheerleading Worlds in 2018 and an opportunity for you to provide feedback that will be considered in the final version of the system. This will be offered on Friday after the Regional Cheer Member Assemblies.

DANCE WORLDS SCORING: Preview & Feedback

Join us to see the first look at the NEW 2018-19 USASF Dance Score Sheet that is available for Event Producers to use throughout the season, and will be used at The Dance Worlds® in 2019. The session will include an in-depth review of the score sheet, the differences from the previous season and an opportunity for you to ask questions. This will be offered on Friday after the National Dance Member Assembly.

LEADERSHIP

Make plans to join the USASF for one of our transformational leadership training programs on the Sunday following the National Meeting. Courses run from 9:00 a.m. to 5:15 p.m. Separate registration required. To register or learn more, follow this link: <http://usasf.net/leadership/>

IMPACT

YOU can make an IMPACT on your athletes, program and fellow coaches by participating in this leadership series for All Star Cheer and Dance professionals. IMPACT emphasizes that **I**ntegrity **M**otivates **P**eople **A**nd **C**ultures to **T**ransform. Elevate your ability to lead those in your care with strategies that are easily adaptable to the All Star environment. Separate registration is required.

BOLT & MARCH

The USASF is offering two programs for athlete leadership training. **B**ettering **O**ur **L**eaders of **T**omorrow (BOLT), and **M**ales **A**dvancing **R**espect, **C**onnections and **H**onorability (MARCH) introduce and encourage concepts of integrity, accountability, personal growth and self-confidence to high school age athletes. The USASF believes that everyone has leadership capabilities. BOLT and MARCH activates young athletes to become strong peer role models who put team first, fully commit to their All Star program and learn to make the choices that lead to accomplishment. Developed and led by alumni of the USASF Mentoring Leaders program, BOLT and MARCH will set young athletes on their path to success. Separate registration is required.

CREDENTIALING

Level 6

This will be offered on Thursday, August 9th from 10 am to 6 pm. Pre-registration is required.

Level 6 Credentialing Candidates will attend class sessions to review the rules and address the skills and safety considerations for our highest level. Attendance for the full day is required. Level 6 credentialing candidates must be credentialed through Level 5 to be eligible for this course. This course is included with National Meeting attendance, however, National Meeting attendees must register for Level 6 credentialing and pay the credentialing fee through their USASF member portal (\$30). Level 6 credentialing candidates who do not register for and attend the National Meeting will pay the course fee (\$150) and the testing fee (\$30) for a total of \$180. In addition to waiving the course fee, Level 6 credentialing candidates who also attend the National Meeting may complete the required Positive Coaching Alliance Double Goal Coach® course at no additional charge.

Practical Session (Hands-on | In-person testing)

Cheer Coach Credentialing will be scheduled Thursday-Sunday. Pre-registration is required.

The \$25 credentialing session fee is waived for attendees who are registered for the National Meeting.

The USASF Cheer Coach Credentialing Program examines, tests and certifies the knowledge, expertise and proficiency that a cheer coach possesses to safely teach building and/or tumbling skills in Levels 1-5. Current USASF Career Members who are 18 years or older are eligible for the credentialing program. Coaches must be a current Career Member in order to maintain valid credentials. National Convention attendees can complete the required Positive Coaching Alliance Double Goal Coach® course at no additional charge when they attend the National Meeting.

LEGALITY OFFICIAL TRAINING & CERTIFICATION

LEGALITY OFFICIAL TRAINING

Cheer - Saturday, August 11 (1:00 pm-9:00 pm) & Sunday, August 12 (8:00 am-11:00 am)

Dance - Sunday, August 12 (12:00 pm-5:00 pm)

The USASF trains and certifies Legality Officials for All Star Cheer and All Star Dance on an annual basis. Certification term is based on each annual All Star season. Typically the season begins in the fall and extends through the spring. You **MUST** register separately for this course. It is **NOT** included in the National Meeting pricing. *Buy one - Get one Free: Legality Official Candidates may take both Cheer & Dance certification courses for the price of one.*

Follow this link to learn more and/or to register: <http://usaf.net/safety/legality-official/>