



# NATIONAL DANCE COACHES CONFERENCE 2020

At the 2020 National Dance Coaches Conference we offer a variety of classes for the coaches to learn from the best in the industry. Our classes touch on the following topics: Choreography, Wellness, Coaching, and Movement. View class descriptions below.

## Choreography Classes

### **An Eye for Cleaning a Routine – Sarah Garcia**

Whether it's a pep rally, football routine or national's routine, the key ingredient is CLEANING. Help enhance your choreography by learning unique approaches to the daunting task of cleaning.

### **The Secret to a Successful Routine – Toya Ambrose**

Learn the one **\*\*secret\*\*** tool that can take your routine to new heights. Gain tips for building it in during choreography, as well as developing a strategy as the routine develops.

### **Showmanship 101: Getting your dancers to "Sell it" – Toya Ambrose**

Learn proven tactics to help your team "buy in." Leave with a practical exercise to help your team connect to the routine concept and push their storytelling to the next level.

## **Successful Sideline Choreography - Jenny Durbin Smith**

One of our Varsity Pro choreographers will dive into how to choreograph game day routines that invite your crowd to participate and enhance your game day environment. Learn how to tap into strong visuals, calls to action, and current trends to motivate your audience!

## **Coaching Classes**

### **Building Strong Feeder Programs – Elizabeth Thomas- Gammill**

This session focuses on building strong feeder programs such as junior high, freshman and junior varsity teams. Focus areas will be roles of head coaches, assistants, administration and stakeholders in the process of building strong feeder programs. The session will also touch on benefits of feeder programs coupled with the investment of vertical alignment involving technique, vision and growth. The session, Building Strong Feeder Programs is geared to empower coaches to create an inclusive culture that will dramatically influence a varsity level team through younger athletes.

### **Hip Hop Authenticity & Quality of Movement: Training to maximize your dancers' understanding of movement – Jenny Durbin Smith**

This class will help you build and train successful movers in the genre of hip-hop and help you decode the authenticity and quality of movement captions on the scoresheet.

### **The Power of Alumni Engagement – Anastasia/Melissa**

This class is designed to walk through steps on engaging with your team's alumni base and the advantages of doing so. We will review tips on connecting with alumni, integrating them into your program, and maximizing their contribution to the team post-graduation.

### **When Likes Aren't Enough: The Impact of Social Media on Athletic Performance – Taylor Ritchey**

This generation is all about checking in! Whether it is Instagram, Twitter, Facebook, or Snapchat, our athletes are constantly connected to the world around them through social media. Learn about the importance of social identity and peer acceptance within this population and discover how this online presence can affect key areas of athletic performance. Discuss ways to help your athletes develop healthy scrolling practices and utilize social media platforms to promote self-acceptance.

## **Grit and Grace – Jenny Black**

As coaches, how do we keep a dancer motivated even when things get tough? In this class, we will be using the HBO Documentary, The Art of Coaching, to examine the relationship of a dancer's grit and perseverance towards a long-term goal. We will discuss how clearly defining each team members' roles creates expectations and essentially a road map to help them navigate throughout the competitive season.

## **How to Prepare a High School Dancer for College – Melissa McGhee**

Do you have dancers that aspire to continue their dancing career in college? This class covers how high school coaches can help to best prepare their dancers for the next level. We will discuss the different team selection models (in person audition, video + audition, recruiting) and reviews tips and tricks to help your dancers succeed.

## **Establishing/Restoring Championship Programs: Dance & Cheer – Elizabeth Thomas-Gammill**

This session will take coaches through the steps of building and/or restoring a championship program on a three to five-year plan. Coaches will hear about a commitment building process with their staff, administration, athletes, parents, and additional stakeholders by creating a mission statement and core values. The session will also address the issue of balancing competitive and sideline responsibilities. This session will help build championship programs that excel competitively but also foster an inclusive environment.

## **Learning From Your Failures: Cultivating a Growth Mindset – Jenny Black**

Have you ever been faced with a dancer who is reluctant to try new things fearing failure? In this workshop, we will redefine the concept of success and learn how to reward the process over the product. We will identify the distinctions between fixed and growth mindset and discuss ways to learn from setbacks.

## **Powerful Pom: The 3P's – Jenny Durbin Smith**

Is your team new to Pom? This class will cover the basics and the secrets to developing and training your dancers to succeed quickly in the Pom genre. Technique, drills and true pom philosophy will be discussed and developed in this class.

## **Be Deliberate -- Creating the Team Culture You Want – Jenny Black**

Every team has a culture and this culture impacts how the team functions and performs. In this class, we will compare positive and negative team characteristics in order to establish an

environment that is in alignment with your coaching philosophy. We will share strategies to help you drive how team members think, feel, behave, and perform.

### **Mind over Matter: The Power of Changing Your Perspective – Taylor Ritchey**

Are you team “Glass Half Full” or “Glass Half Empty”? This class focuses on the power of positive thinking and how restructuring our automatic thoughts can change the game for you and your athletes. Come learn how our thoughts, feelings, and behaviors are all connected to how successful we are within our goals. Using Cognitive Behavioral Therapy techniques, discover ways to identify your athletes’ negative thinking styles and utilize an easy method of motivational interviewing to create space for positive, encouraging self-talk that produces lasting results.

### **Coaching Case Studies – Melissa McGhee**

The objective of this class is to learn from real life coaching scenarios that we are faced with daily! We will deep dive into several different scenarios ranging from selecting who is on the Nationals Floor to a team rule violation. We will share the facts of the scenario, discuss pros and cons of possible solutions, and share the actual outcome and impact(s).

### **Athletic Administration as a Spirit Coach – Elizabeth Thomas – Gammill**

A growing field for females and a challenging setting for spirit coaches, athletic administration. This session will give coaches strategies on how to approach their athletic director and/or administration regarding their spirit programs. It will also give insight on how spirit coaches can have influence at the administrative level regarding funding, support and ultimately respect. What does that look like and how can I change the viewpoints of others regarding my sport?

## **Wellness Classes**

### **Dance Team Wellness: Basic Acupressure points for common dance ailments – Toya Ambrose**

This hands-on wellness class will help your dancers find relief from typical dance aches/pains, injuries, and mental health issues through acupressure points and Shiatsu self massage and partner massage.

## **Holistic Coaching: Pillars of Excellence – Elizabeth Thomas – Gammill**

This session will focus on a holistic coaching philosophy. Coaches will hear about shared responsibility between coach, athlete and parent. Session will implement strategies of how to implement pillars of excellence such as education, physical, social and spiritual. The session will give realistic examples of how to implement holistic coaching into their programs and create a strong partnership with parents.

## **Fight, Flight or Maybe We Can Just Chill? Establishing Healthy Relationships with your emotions – Taylor Ritchey**

Ever notice how easily our emotions can take us over? Or how quickly an athlete's attitude or mindset changes? Having emotions is hard...for our athletes and for ourselves! This class focuses on understanding the primary functions of our emotions, how they operate, and why we have them. We will discuss ways in which we can develop healthy relationships with our own emotions and help our dancers start working with their feelings, rather than against them. Discover how to implement emotion regulation with your team in good times, bad times, and all that life throws at us in-between!

## **Check up from the Neck Up: The Status of Mental Health in Student-Athletes – Taylor Ritchey**

This class focuses on trends surrounding mental health among student-athletes in 2020. Come learn about the evolution of statistics on mental health diagnoses and patterns of behavior studied in student-athletes. We will address common stressors faced by student-athletes and how these issues affect performance. Learn to identify early signs of mental health issues and explore ways coaches and team members can help one another establish healthy coping strategies. Discuss ways to integrate holistic wellness into your team dynamic.

## **Movement Classes**

### **The Missing Link: Incorporating Improv practice into your curriculum – Sarah Garcia**

What is genuine movement quality? Find it here in your improv. Strategies to help both beginners and advanced level dancers find comfort in their improvisational experiences.

### **Staging and Transition Workshop – Toya Ambrose**

Gain fresh ideas and strategy to implement dynamic staging and transitions. Understand what works and what doesn't and get tools to make smart adjustments to your routines.

### **Dynamic Warm up! New approaches to the Ordinary Warm Up – Sarah Garcia**

Help your dancers understand the importance of "dancing through" their warmup to help prepare their bodies for movement.

### **Hip Hop Tricks and Skills – Jenny Durbin Smith**

Ever wanted to do team skills but don't know where to even start? Safety, foundation, and body awareness are key to teaching your dancers to execute skills and tricks. Explore foundation and learn how to break down and spot hip-hop tricks in this class.