



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.

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.

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?

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.

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.

Generations - Karen Lew

X Y GEN Z, are you a millennial, baby boomer, Gen X? Is it about you or about the athletes you coach? This seminar will share engagement strategies that will assist in relating to our current GEN Z athletes. Gen Z is more than a selfie, but not much more. We will discuss 8 second communication and additional ideas to connect with your team.

Being a Leader: Management vs. Leadership Tasks – Marja Edwardson

Leadership and management skills are essential for dance coaches. The ability to inspire and motivate while also keeping systems functioning is the merging of leadership and management. Although different, these tasks go hand in hand when guiding a team. Explore important leadership and management skills, while also discussing important leadership qualities and inspiration to help shape your own personal direction as a coach.

Discover (Or Re-Discover) Your WHY! – Tara Yantis

Whether it's your first or twentieth year with your program, if we're being honest, sometimes coaching can be hard. We all love our athletes and are passionate about dance, but all the hats we wear, sometimes difficult parents and administrative challenges can at times leave us asking questions like: "Why am I still doing this?" or "Am I good enough?" Join Tara for this engaging session where you'll participate in guided activities to help you define your WHY to lead you into your next season. You'll leave feeling refreshed, inspired and focused to make your next season the best one yet.

We're All In This Together: How to Run Your Season Virtually – Tara Yantis

Best practices, tips and tricks to run your season virtually! The world outside may feel unpredictable and uncertain but kicking off your season doesn't need to. Tara will walk you this session with actionable items you can implement immediately. So, take a deep breath and grab your notebook. We're in this together!

Pom Performance to Championship Ready! – Nicole Cestone

From reviewing proper motion technique and team uniformity to cleaning and execution drills, this class will focus on ways to improve your dancers, their technique and synchronization while providing creative inclusion to elevate your routine from performance to championship ready!

Regroup, Refocus, and Renew- Valerie Potsos

2020 has brought uncertain times with our programs. How do we safely bring our teams back together and how do we foster team bonding in this age of uncertainty? Our sense of community and connection to our dance teams are needed more than ever to help our students feel connected and valued. Learn how we can strategize an effective plan for our programs!

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.

Jazz Technique and Style Integration- Amanda Gaines

Get jazz technique tips and tricks to coach dancers at all levels, and learn how to integrate different dance backgrounds and styles into one cohesive team.

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.