



VARSITY
UNIVERSITY

VARSITY UNIVERSITY - ALL STAR

Coaches Conference | August 13-14, 2020

THURSDAY

12:30pm ET - Justin Carrier - Opening Session

Start Time (ET)	Speaker	Class Title	Description
1:00pm	180 Pro Digital Team	Developing a Great Social Media Platform	In this course, you will learn how to create an active and thriving social media presence, be provided with tips for structure, brand uniformity, brand consistency, and a social media strategy to generate REAL leads online.
	Levon Burton	Balance & Efficiency as an All Star Director	Tips for All Star Directors on how to streamline processes that will better train your staff and get the best out of them for your program.
	Season Daugherty	What it Takes to Build Successful Athletes	Mental health is important for our athletes. Discuss ways to start and end practices on a positive note. Let's build our athletes UP together!
1:40pm	Speaker FAQs		
2:00pm	Brent Steele	Choreography that Hits the Score Sheet	How to layer your routine from start to finish without hiring an outside choreographer. Learn the basic building blocks of creating your own routine.
	James Speed	Coed Stunting Progressions	Tips and tricks on all levels of coed stunting.
	Lisa Aucoin	Put Your Mask on First	Keeping up with the work/life balance post quarantine.
2:40pm	Speaker FAQs		
3:00pm	Kellie Elliott	Developing a Strong Brand in a Competitive Industry	Generate excitement and buzz around your program with unique marketing & development strategies that can set you apart from the rest.
	Katelyn Vachris	Transitioning Into All Star	Where to start as a new All Star coach, tips & tricks with special appearance by Robin Galik.
	Sydney Gatti	5-6-7-ATE	Nutrition tips & education for Coaches and their athletes. How to talk to your athletes about fueling their bodies for success.
3:40pm	Speaker FAQs		
4:00pm	Stephanie Ammirati - Varsity All Star Scoring		
5:00pm	Scoring Q&A		



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FRIDAY

11:00am ET - Coffee Chat Social

12:00pm ET - Jason Larkins & Lark Wood

Start Time (ET)	Speaker	Class Title	Description
1:00pm	Ingrid Caruso	Power-Barre: Master Class	Power-Barre is a strength & conditioning method designed specifically for Cheerleaders. Learn how to create healthier & more productive athletes, improve scores, & help to minimize injuries.
	Sean Timmons	What is Your All Star "Program" Score?	This class is designed to take you on a journey through unanswered questions and self-reflection in both your All Star teams and program. This is not a scoresheet class, but rather a class that will score you in areas of strength and weakness.
	Cathryn Flack Weeden	Building Towards the Future	How to create and keep worlds level athletes in your program.
1:40pm	Speaker FAQs		
2:00pm	Kenny Feely	Returning to Stunting	Go over new updates for the 2020-2021.
	Cory Rickett	Tumbling 101	Understanding correct progression throughout the levels.
	Liz Gigante Ulrich	Running Effective Practices	This Class will break a season into its parts and look at what your focus should be on for time of the season. Within each, many ideas for running fun practices that produce great output and get the most out of your athletes.
2:40pm	Speaker FAQs		
3:00pm	Skills Campfire - Kenny Feely, James Speed & LeRoy McCullough		
3:40pm	Speaker FAQs		
4:00pm - Bill Seely - Closing Session			