



VARSITY UNIVERSITY LOUISVILLE

JULY 8-9, 2022

Kenny Feely

- ***Building L1-7***
- ***Building Drills and Fundamentals and How to Improve Drivers***
- ***The Art of Twisting*** - Take your twisting skills to the next level! This class will cover twisting entries, transitions, and dismounts across all levels.

Mandy Andrews

- ***How to Create Ownership in Tumbling to Build Confidence*** – Learn some of the best practices to help improve your athletes' belief in their skills! Let's get rid of mental blocks and stress and get to having fun while we flip!
- ***Branching Out*** – Learn how to create new and innovative revenue streams for your business.
- ***Tumbling Shapes*** - Arch, hollow, stretch! What do they all mean? Learn drills, conditioning, and cues to improve your athletes' understanding of tumbling shapes.

Ally Smith

- ***Athlete Wellness*** – Take a look at various health related conditions and illness which may impact athletic performance with evidence-based approach to identification and treatment.
- ***Fueling for Performance*** – Learn practical nutrition recommendations for the high-performance athlete. You will be exposed to various evidence-based recommendations and meal/snack suggestions for the cheer athlete throughout a season.
- ***Future Research*** – Learn about the latest up-and-coming research related to health and performance in the world of cheerleading.

Megan Gomarlo

- ***Small Gym Success*** - Small gym, BIG dreams! Learn about building your program from the ground up and sustaining that success for the long term.
- ***Reinventing Your Gym Culture*** - What's your program's mindset? Explore way to get your athletes and families on board in building a WE > ME culture supports positivity, loyalty and success.
- ***Customer Loyalty*** – Take a look at how to create a reward system and going above and beyond to provide a unique experience at your gym that has your customer base growing and wanting to stay!

Lisa Aucoin

- ***Lessons From a Challenging Season*** – Learn how to salvage a season filled with setback and struggle. Even diamonds need pressure to sparkle!
- ***Building a Season Long Staff & Training Program*** – Explore ways to build a comprehensive in-house training & education program that will inspire, challenge, and grow your all-star staff.
- ***How to Mentor, Influence, Inspire & Reach the Next Generation*** - This is the class your athletes wish you would take! Learn new ways to connect with your athletes and make an impact on their journey through sport and life.

Peter Lezin

- ***Preparing To Go Full Out for The First Time*** - Here we will work on strategies to make sure that your first full out is a successful one and set the stage to build confidence. We want this day to be a day your team gets excited about and not dread!
- ***Common Mistakes in Stunts / How to Fix Them*** – Learn some common mistakes that you see in popular stunt transitions, ways you can anticipate them, and tools you can use to fix them.
- ***Stunt Conditioning*** - Explore ways you can build strength so that your team will execute their stunts in a way that builds confidence and not feel like a daunting task. Our goal is to make stunting fun even if they are having an off day!

Jennifer Long

- ***Preparation for High School Athletes Cheering in College*** - This class will give tips on what College Coaches are looking for in their selection process as well as what helpful tips to give your athletes during their high school years to prepare for College tryouts.
- ***Helping Athletes Navigate the World of Social Media*** - This class will discuss what our athletes are going through in today's world of social media. We will discuss the effects it is having on their self-esteem and mindset and ways to help them communicate and understand the importance of face to face interaction.
- ***Effects of the Pandemic on our Athletes*** - This class will discuss the effects the pandemic has had on our athletes and the different areas we have seen it impact them the most. We will discuss ideas and ways to help them when they are struggling with lack of motivation and struggling in social settings.

Ingrid Caruso

- ***Power Barre Clinic*** - Experience firsthand key elements of the Power-Barre strength and conditioning method developed specifically for cheerleaders. The PB equipment & method is designed to condition the specific muscle group needed for a cheerleader's skill set. Proper conditioning minimizes injuries while gaining powerful skill executions!
- ***How to Train an Aesthetically Fabulous Flyer*** - Learn to build the unique skill set of a flyer. This class will focus on it all –conditioning, flexibility, and execution to achieve proper aesthetic while minimizing injuries.

Lark Wood

- ***Effective Communication for Leadership*** - Participate in a communication experiment, trying to effectively communicate instructions to one another, and then, as a group, analyze the things that went well and what challenges were encountered.

Kelly Thorp

- ***How To “Stay Smart”*** - Learn tips on navigating Varsity’s Stay Smart housing to maximize the benefits of staying smart for your program. We will go over opening dates for all of Varsity All Star housing and how booking will work so that you can be fully prepared to take advantage of all that this program has to offer.

Jada Wooten

- ***Mental Health from the Athlete’s POV*** – Hear directly from a seasoned athlete on her experience in the sport of cheerleading and how to navigate mental health with your athletes.
- ***Confidence & Authenticity*** – Explore what it means to stay true to your brand and self.

Stephanie Ammirati & Tyler Phillips

- ***United Scoring System – Understanding the Basics*** – Understand the basic terminology of the United Scoring System prior to the full review. This is perfect introduction to scoring for new and veteran coaches alike.

Stephanie Ammirati Harrod & Peter Lezin

- ***United Scoring System Stunting*** - Take a deep dive into stunting on the United Scoring System.

Tyler Phillips & Mandy Andrews

- ***United Scoring System Tumbling*** – Take a deep dive into tumbling on the United Scoring System.

Kenny Feely & Lisa Aucoin

- ***Building the Perfect Pyramid*** - Learn how to maximize your pyramid score, build unforgettable pyramids the judges will love, and set yourself apart from the competition!

Justin Carrier & Lark Wood

- ***The League*** - Learn all the details about The League – the official ranking system for the sport of all-star cheerleading. We will go what to expect, how to qualify, and how to maximize your opportunities for success.

Justin Carrier & Damianne Albee

- ***Varsity All Star End-Of-Season Events*** - It’s everything you ever wanted to know about Varsity All Star’s End-Of-Season offerings - The Summit, D2 Summit, Youth Summit, Regional Summit, THE CELEBRATION, and The U.S. Finals. We will review the most important updates regarding bids, crossover policies, and any changes from last season, as well as explain some of our new options. You will have a chance to ask Damianne Albee and Justin Carrier all of your end-of-season questions!