



VARSITY UNIVERSITY - LOUISVILLE

JULY 8 - 9, 2022



FRIDAY July 8th							
10:00 am - 1:00 pm	Registration						
1:00pm- 1:30pm	Orientation (Olmstead 4)						
	Olmstead 4	Olmstead 1	Olmstead 2	Olmstead 3	Olmstead 5	Olmstead 6	Olmstead 7
1:30pm-2:45pm	Kenny Feely Building L1-7	Mandy Andrews How to Create Ownership in Tumbling to Build Confidence	Ally Smith Athlete Wellness	Megan Gomarlo Small Gym Success	Lisa Aucoin Lessons From a Challenging Season	United Scoring System Understanding The Basics	Kelley Throp How to " Stay Smart"
2:45pm-3:00pm	Class Change						
3:00pm- 4:30pm	United Scoring System w/Stephanie Ammirati Harrod and Tyler Phillips (Olmstead 4)						
4:30pm-4:45pm	Class Change						
4:45pm-5:30pm	Kenny Feely & Lisa Aucoin Building the Perfect Pyramid	Mandy Andrews Branching Out	Peter Lezin Preparing to go Full Out for the First Time	Jennifer Long Preperation for High School Athletes Cheering in College	Megan Gomarlo Reinventing Your Gym Culture	Power-Barre Clinic	
7:00pm - 9:30pm	Varsity University Party						

SATURDAY July 9th							
	Olmstead 4	Olmstead 1	Olmstead 2	Olmstead 3	Olmstead 5	Olmstead 6	Olmstead 7
9:00am-10:30am	Kenny Feely Building Drills and Fundamentals and How to Imporve Drives	Mandy Andrews Tumbling Shapes	Lark Wood Effective Communication for Leaders 9:00am-9:45am	Damianne Albee & Justin Carrier End of Season 9:00am-9:45am	Megan Gomarlo Small Gym Success	Stunting on the Scoresheet Stephanie Ammirati Harrod w/Peter Lezin	Jada Wooten Mental Health from the Athletes POV 9:00am-9:45am
			Lark Wood & Justin Carrier The League 9:45am-10:30am	Jennifer Long Helping Athletes Navigate the World of Social Media 9:45am-10:30am			Ally Smith Fueling for Performance 9:45am-10:30am
10:30am-10:45am	Class Change						
10:45am-12:15pm	Kenny Feely Building L1-7	Tumbling on the Scoresheet Tyler Phillips w/Mandy Andrews	Lisa Aucoin Building a Season Long Staff & Training Program	Ingrid Caruso How to train an aesthetically fabulous flyer 10:45am-11:30am	Lark Wood & Justin Carrier The League 10:45am-11:30am	Megan Gomarlo Customer Loyalty	Kelley Throp How to " Stay Smart" 10:45am-11:30am
				Jennifer Long Effects of the Pandemic on our Athletes 11:30am-12:15pm	Peter Lezin Common Mistakes in Stunts How to do we fix them? 11:30am-12:15pm		Damianne Albee & Justin Carrier End Of Season Events 11:30am-12:15pm
12:15pm-1:30pm	Lunch Break						
1:30pm- 3:00pm	Kenny Feely The Art of Twisting	Mandy Andrews How to Create Ownership in Tumbling to Build Confidence	Lisa Aucoin How to Mentor, Influence, Inspire & Reach the Next Generation	Peter Lezin Stunt Conditioning 1:30pm-2:15pm	Lark Wood Effective Communication for Leaders 1:30pm-2:15pm	Jennifer Long Helping Athletes Navigate the World of Social Media 1:30pm-2:15pm	Ally Smith Fueling for Performance 1:30pm-2:15pm
					Ingrid Caruso How to train an aesthetically fabulous flyer 2:15pm-3:00pm	Jada Wooten Mental Health from the Athletes POV 2:15pm-3:00pm	Jennifer Long Effects of the Pandemic on our Athletes 2:15pm-3:00pm
3:00pm-3:15pm	Class Change						
3:15pm-4:30pm	Special Guest Speaker - Mallory Comerford (Olmstead 4)						
4:30pm-5:00pm	Graduation (Olmstead 4)						