

CHEER HANDS-ON SKILLS WORKSHOP

Coaches and Athletes: Master your skills!

July 11, 2024
8:30am-5pm

Hyatt Regency | New Orleans



**THE NATIONAL
CONFERENCE**
CHEER • DANCE • STUNT



JULY 12-13, 2024 | NEW ORLEANS



Caleigh Epilito
Rain Athletics
3-hour Building Intensive



Jacob Parker
Rain Athletics
3-hour Building Intensive



Jordan Thomas
Rain Athletics
3-hour Building Intensive



Shea Crawford
Brandon All-Stars
3-hour Tumbling Intensive



Justin Miller
GymTyme All Stars
3-hour Tumbling Intensive

CHEER

HANDS-ON SKILLS WORKSHOP DAY

Thursday, July 11, 2024

Coaches

HANDS-ON SKILLS WORKSHOP

Join us for an intensive full-day **HANDS-ON COACH WORKSHOP** led by industry leaders.

- The day begins with **Julie Jones** from SSWB Performance, a mental performance coach, who will elevate your coaching skills to the next level. Following that, experience a hands-on 3-hour intensive tumbling session co-instructed by acclaimed coaches **Shea Crawford** from Brandon All-Stars and **Justin Miller** from GymTyme All Stars.
- After a productive morning of tumbling, you'll engage in a **3-hour hands-on building session** led by the coaching staff of **Rain Athletics Aqua**, back-to-back 2023/2024 champions of The Cheerleading Worlds.

These sessions feature demos with actual athletes in real time! Don't miss this exciting opportunity to learn from the best in the field. Want to see something specific...just ask! These hands-on skills workshops are the perfect opportunity to see, learn and discuss everything tumbling and building skill-related across levels 1-6 in a progressive and fun format.



Athletes

HANDS-ON SKILLS WORKSHOP & COLLEGE COMBINE

The **HANDS-ON SKILLS WORKSHOP** for athletes features a comprehensive approach to training, focusing on the physical, mental and emotional aspects of performance with guidance from industry experts.

- At the **CHEER COMBINE**, athletes will discover the pathway to a college team and gain insights into finding the best academic and athletic fit. Participants will forge connections with coaches from both in-state and out-of-state offering valuable opportunities for college coaches to scout potential cheer athletes for cheerleading and STUNT teams.
- Athletes will kickstart their day with a dynamic **90-minute practice session** led by coaches from **Rain Athletics**, reigning champions of The Cheerleading Worlds. Athletes will benefit from guest coaching and a fresh perspective, focusing on stretching, conditioning, jumps, motions, drills, dance and fun!
- Renowned coach **Debbie Love** will lead athletes through her acclaimed strength and stretch program using bands.
- **Julie Jones** from SSWB Performance will conduct a Mental Performance Lab aimed at cultivating a champion mindset.