



HANDS-ON SKILLS WORKSHOP

for Cheerleaders & Coaches

JULY 11
New Orleans, LA
8:30-5:00



WORKSHOP & COMBINE

July 11th

WHO:

- **Rain Athletics on proper jump technique**
- **Hands-on Tumbling Skills with Shea Crawford, Brandon All-Stars, and Justin Miller, GymTyme All-Stars**
- **Mental Performance Lab led by Julie Jones**
- **The opportunity to work with athletic trainers**
- **Debbie Love's famous strengthening program**

WHAT:

The HANDS-ON SKILLS WORKSHOP features a holistic approach to training, addressing the physical, mental and emotional aspects of performance with industry experts. As part of the experience, athletes will discover the pathway to a college team and learn how to find the best fit academically and athletically during the CHEER COMBINE. Make connections with in-state and out-of-state coaches to gain valuable insight, while college coaches may seize the opportunity to scout potential cheer athletes for their college cheer and/or STUNT teams.

Coaches also have the opportunity to participate in their own master classes with topics covering the following:

- Mental Performance Coach Julie Jones kicks off the day!
- Hands-on Tumbling Skills with Shea Crawford, Brandon All-Stars and Justin Miller, GymTyme All-Stars
- Hands-on Building Skills with Rain Athletics coaches Caleigh, Jacob and Jordan

