













CheerExpo 2018 Saturday Session Schedule

Time	Multi Purpose Room A Class Space 1	Multi Purpose Room B Class Space 2
10:00	LEVEL 3 & 4 RELEASE MOVES: Innovative, legal, creative and visual stunt-to-stunt FREE FLYING FUN! By Chris McLeod 	FULLS AND DOUBLE FULLS: Learn techniques, drills and tips for twisting tumbling skills. Must have a solid layout to <i>physically</i> participate in this class. By Ali Bazzi 
11:00	BASKET TOSS PERFECTION: Breaking down and perfecting the technique and skill refinement of Level 2-5 baskets. From Straight Ride thru to Switch Kick Double. By Chris McLeod 	LET'S DANCE! A "kickin' it" dance class for Tiny, Mini & Youth athletes AGES 10 and UNDER ONLY! Learn a cheer-dance routine that'll keep you moving all weekend. By Lewis McClendon 
12:00	GETTING CREATIVE WITH LEVEL 1 STUNTING: Exploring create transitions and their techniques to make your Level 1 routine stand out. By Lewis McClendon. 	GOOD CATCH: Learn the proper tumbling spotting techniques for Level 1 through 6 skills, and how to spot athletes that are larger than the spotter. By Ali Bazzi 
1:00	Roundtable Jam Session: IN THE BIZ - Make Cheer Your Full Time Job: Wanna judge at different events every weekend? Wanna travel the world and teach clinics? Wanna mix music and choreograph routines? Wanna own your own gym someday? Learn from those who are doing it. By Lewis McClendon, Ali Bazzi & Chris McLeod	
2:00	ROCKING LEVEL 3 STUNTS & TRANSITIONS: Creative and visual stunt transitions for Level 3 you never knew were legal! By Lewis McClendon 	WALKOVER MADNESS! Front and Back Walkover techniques and drills. PLUS...a DIY "homework" guide to vastly improve your progression. By Chris McLeod 
3:00	SUPER HERO SPOTTING: Save Lives! Real stunt spotting training procedures and techniques for falling correctly and catching safely every time. By Chris McLeod 	GO GO GO: A class on the optimization of your tumbling classes. Learn how to rely less and less on spotting and more on progressive teaching and drills. By Ali Bazzi 
4:00	COED STUNTING: The basics of holding a stunt on your own. From walk-ins to any Level 6 mount. Bringing a stunt partner is highly recommended but not mandatory. By Ali Bazzi 	TOO MUCH FUN! If dancing is your favourite part of your routine, this class is for you! Day 1 jitters are over so time to let loose and shake your groove thang! For ages 11+ By Lewis McClendon 











Please note that parents/guardians/coaches are required for anyone under the age of 18 in ALL classes. Anyone attending classes must have a watch & learn pass or competitor/coach bracelet. Athletes and coaches are permitted in any level/age appropriate class. Coaches/parents/guardians are responsible for safe activity and behaviour of all minors in any class space. You know your kids/athletes and their ability level...we do not. No outside food, drink or outside footwear are permitted in class spaces. Classes are first come first served.

Where are these class spaces? When entering the Main Forum entrance, go down the hallway to the right (before entering the arena) and around the corner. Keep walking down the main hallway to the end where you will see a set of stairs. Go up the stairs and follow that hallway to the narrow hallway (on the right) which will take you down another flight of stairs to the main entrance to the multi-purpose room.



Any class with a hand print indicates the opportunity for Hands-On Learning. Tumbling and Building classes offer hands-on learning on a one-at-a-time basis with coach presence. Prerequisite skills may apply.

CheerExpo 2018 Sunday Session Schedule

Time	Multi Purpose Room A Class Space 1	Multi Purpose Room B Class Space 2
10:00	GETTING CREATIVE WITH LEVEL 4 STUNTING: Exploring create transitions and their techniques to make your Level 4 routine stand out. By Lewis McClendon. 	STANDING BACK TUCKS: Explore the techniques and drills you need to know to help you nail this powerful skill. By Chris McLeod 
11:00	JUMP TRAINING: Get a little more spring in your bounce with these tried and true and NEW jump training techniques. By Chris McLeod 	LAST PASS: Learn the tips and tricks on how to bind new skills and learn specialty passes in Levels 5 & 6. Become the last pass tumbler in your worlds routine. By Ali Bazzi 
12:00	ROCKING LEVEL 2 STUNTS & TRANSITIONS: Creative and visual stunt transitions to ensure your team stands out in the sea of Level 2 teams. By Lewis McClendon 	SPECIALTY PASSES: Learn the tips and tricks on how to bind new skills and learn specialty passes from Levels 1 to 4. Increase your tumbling scores. By Ali Bazzi 
1:00	Roundtable Jam Session: AWESOME CHOREOGRAPHY: This session is for coaches, junior coaches or anyone else interested in coaching/choreography. How to set up your routine, break it down and seamlessly put it all together to hit the score sheet. PLUS - How to order music that fits the choreography of your routine. By Lewis McClendon & Chris McLeod	
2:00	INTRODUCTION TO TWISTING MOUNTS (Levels 2-4): Half & Full Ups to Prep and Extended Level. Both 1 Leg and 2 Leg skills. By Chris McLeod 	BACK HANDSPRING 101: Technique & drills. PLUS - How to isolate, identify and improve common back handspring mistakes. By Ali Bazzi 
3:00	BASKET TOSS PERFECTION: Breaking down and perfecting the technique and skill refinement of Level 2-5 baskets. From Straight Ride thru to Switch Kick Double. REPEAT CLASS. By Chris McLeod 	PARTY BLAST DANCE: Last class of the weekend...time to let loose and bring it! This dance is for all ages and stages. BONUS - Dance Off Competition for the last 15 mins! By Lewis McClendon 

Please note that parents/guardians/coaches are required for anyone under the age of 18 in ALL classes. Anyone attending classes must have a watch & learn pass or competitor/coach bracelet. Athletes and coaches are permitted in any level/age appropriate class. Coaches/parents/guardians are responsible for safe activity and behaviour of all minors in any class space. You know your kids/athletes and their ability level...we do not. No outside food, drink or outside footwear are permitted in class spaces. Classes are first come first served.

Where are these class spaces? When entering the Main Forum entrance, go down the hallway to the right (before entering the arena) and around the corner. Keep walking down the main hallway to the end where you will see a set of stairs. Go up the stairs and follow that hallway to the narrow hallway (on the right) which will take you down another flight of stairs to the main entrance to the multi-purpose room.



Any class with a hand print indicates the opportunity for Hands-On Learning. Tumbling and Building classes offer hands-on learning on a one-at-a-time basis with coach presence. Prerequisite skills may apply.