













CheerExpo

Saturday Session Schedule 2019

Time	Multi Purpose Room A Class Space 1	Multi Purpose Room B Class Space 2
10:00	ROCKING LEVEL 3 & 4 TRANSITIONS: Creative and visual stunt transitions for L3 & 4 you never knew were legal! By Kyle Gadke 	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 Donnie Beckwith 
11:00	BASKET TOSS PERFECTION: Breaking down and perfecting the technique for all levels of basket tosses to hit every driver on the scoresheet. By Cole Campbell 	LET'S DANCE! A fun dance class for Tiny, Mini & Youth athletes AGES 11 and UNDER ONLY! Learn a cheer-dance routine that'll keep you moving all weekend. By Donnie Beckwith 
12:00	LEVEL 1-2 PYRAMIDS: Exploring creative ideas for Level 1 and Level 2 pyramids that stand out on the competition floor. By Cole Campbell 	CHEER DISTRICT: Co-Founders of the Cheer District App, Brianne Hanson and Dr. Scott Christie, are offering a free training session for all coaches and gym owners to become educated on the importance of athletes training outside of practice to increase performance and reduce risk of injury 
1:00	FLYER TECHNIQUE / STRETCHING: Keys to hitting impressive body positions with ease. By Donnie Beckwith 	HITTING THE SCORESHEET: Drivers and Sections and Deductions...Oh my! Get the low-down on scoring and what the judges are looking for. By Kyle Gadke
2:00	LEVEL 3-4 PYRAMIDS: Exploring creative ideas for Level 3-4 pyramids that stand out on the mat. By Cole Campbell 	WALKOVER MADNESS! Front and Back Walkover techniques, drills and skills. By Donnie Beckwith 
3:00	BASING & STUNT TECHNIQUE: Solid bases know that technique trumps strength. Get tips to improve consistency and make stunts look easy! By Cole Campbell 	CLEANING GAMES: Learn fun games to keep inspiring & challenging your team to be better that are more effective than just running "Full Out" over and over. By Kyle Gadke
4:00	BEGINNER STUNTS & TRANSITIONS: Tried & true and NEW techniques for teaching / learning essential building basics. By Kyle Gadke 	BACK HANDSPRING 101: Technique & drills. PLUS - How to isolate, identify and improve common back handspring mistakes. By Donnie Beckwith 

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.

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Sunday Session Schedule 2019

Time	Multi Purpose Room A Class Space 1	Multi Purpose Room B Class Space 2
10:00	ROCKING LEVEL 2 STUNTS & TRANSITIONS: From the basics to the "WOW! That's cool!". Tips for solid Level 2 Building skills. By Kyle Gadke 	STANDING & RUNNING TUCKS: Explore the techniques and drills you need to know to help you nail this powerful skill. By Donnie Beckwith 
11:00	COED STUNTING: The nitty gritty of Co-Ed style stunting. Covering basic to elite mounts, transitions and dismounts. By Cole Campbell 	BACK HANDSPRING 101: Technique & drills. PLUS - How to isolate, identify and improve common back handspring mistakes. By Donnie Beckwith 
12:00	GETTING CREATIVE WITH LEVEL 1 STUNTS: Get your creative juices flowing with Level 1 transitions that will turn heads. By Kyle Gadke 	COACH TRAINING: Creating a contagious atmosphere, grading during the season, inspiring athletes and preparing for full outs. By Donnie Beckwith
1:00	TWISTING STUNT CLASS: Twisting up; twisting down and twisting transitions. Skills and drills for each level. By Cole Campbell 	CHOREOGRAPHY 101: Routine essentials, how to be prepared for choreography and tricks to make simple changes to your routine when life happens (injuries, late adds, quitters, etc). By Kyle Gadke
2:00	ALL GIRL ELITE STUNTING: Learn tricks & tips for elite skills from one of the best stunt instructors on the planet. By Cole Campbell 	HIT! HIT! HIT! JUMP TRAINING: Nail ALL the jump drivers (including Height / Hyperextension) with these jump training techniques. By Kyle Gadke 
3:00	LEVEL 5-6 PYRAMIDS: The basics and exploring creative ideas for Level 5-6 pyramids that will make their jaws drop! By Cole Campbell 	ALL OUT DANCE: This is it...last class of the weekend. Be ready for fun and a challenge...can you keep up? By Donnie Beckwith 

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