



Saturday, September 17th

Time	Breakout Room 1	Breakout Room 2	Gym
9:30-10:00	Registration		
10:00-10:30	Keynote Presentation Coach Lain INSPIRES		
10:35-12:05	Building a Safe Space OUTSaskatoon		
12:05-12:40	Lunch		
12:45-1:45	Skill Drilling Coach Lain	Owners' Circle Round Table	Creative Connections Level 1 & 2 Stunts Erin & Alanna
1:50-2:50	Building Strategic Tumbling Passes Coach Lain	CIT Coaching with Confidence Alanna	Elite Level 3 Stunts Erin
2:50-3:05	Break		
3:10-4:10	Supporting Athletes with Diverse Needs Mary	CIT Spotting Technique Coach Lain	Trendy Transitions Level 4 Stunts Erin & Alanna
4:15-5:15	Dynamic Coaching Coach Lain	CIT Steps for Success Alissa	Twist & Flip Level 5 & 6 Stunts Erin & Alanna

Sunday, September 18th

Time	Breakout Room 1	Breakout Room 2	Gym
9:00-10:00	Performance Psychology Coach Lain		
10:05-11:05	Building an Effective Dance Erin & Alanna	Performance Cheer What the Judges' Are Looking For Alissa	Adding Variety to Level 1 & 2 Tumbling Coach Lain
11:10-12:10	Incorporating Creative Routine Elements Erin & Alanna	Getting the Most out of Athletes! Trent	Twisting Into Level 5 & 6 Tumbling Coach Lain
12:10-1:00	Lunch		
1:00-2:00	Performance Cheer Pom & Jazz Progressional Skills Jill Martin	Cheer Specific Weight Training Trent	Flipping Out - Level 3 Tumbling Coach Lain
2:05-3:05	Performance Cheer Authentic Street Style Jill Martin	Comparative Scoring 101 Alissa	Whips and Arabians Level 4 Tumbling Coach Lain
3:10	Final Remarks		



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