

CheerExpo Nationals 2008 Class Schedule

All classes in grey will be held in the Maritime Hall. Follow the signs to the "Class Space".
All classes in white will be held in the Multi-Purpose Room. Follow the signs to the "Practice Space"

Saturday March 29th

Maritime Hall Class Space

9:35-10:30	Choreography: A step by step course in choreography designed to ease your fears and ignite your creativity! By Katie Baker.
10:35-11:30	How to Build a Program: ...not just a squad. Do you want teams that win every year? Here is how. By Matt Null
11:35-12:30	Beginner Dance: This hip hop class introduces the different elements and styles of hip hop dance! By Jessica Sayde
12:35-1:30	Life After High School Cheering: This is geared for high school cheerleaders. If you want to cheer after high school, check out this class! By Matt Null
1:35-2:30	Flexibility: How to safely get it, use it and keep it! By David Clark
2:35-3:30	Intermediate Dance: A faster paced class, that concentrates on stylization of choreography! By Jessica Sayde
3:35-4:30	Team Esteem: Building the esteem of your team. Open to coaches and cheerleaders. By Matt Null

Practice Room Class Space

Tumbling Building Blocks: Rolls, extensions, handstands, cartwheels and drills. By David Clark
Beginner Tumbling: Round-offs, cartwheels, handstands, bridges, walk-overs, starting backhandsprings. By David Clark
Open Practice Time – Mats are available if you need a little extra practice.
Basic Stunts & Techniques: Learning hollowed-out position for flyers and fundamental basing techniques. Then use these techniques to build from simple thigh stand through to extensions. By Jeff Laber
Basket Tosses: Go for height or don't bother! Learn the secrets of explosive baskets and perfectly executed skills. By Matt Null
Dismounts (Cradles): This class will start at 2:45pm. This class will teach safe cradling technique from prep, extensions, liberties, single-base stunts and everything in between! By Jeff Laber
Basic Transitions: Learn the building blocks of stunt transitions including crunches, double takes, show-and-go's, going from one leg to two legs and/or two legs to one leg. By Jeff Laber

Sunday March 30th

9:35-10:30	Productive Practices: How to keep practices interesting yet productive - 25 things to do with your team. By Matt Null
10:35-11:30	Motivating the Motivators: How to keep your team motivated. Ideas for coaches and team members of all ages. By Matt Null
11:35-12:30	Hip Hop Dance: Kickin' it up in high gear. Get ready to be challenged and have fun! By Rebecka Hendrickson
12:35-1:30	Advanced Dance: For the experienced dancer, who takes the choreography to a whole new level! By Jessica Sayde
1:35-2:30	Elite Dance: Try to keep up with this class! Working on levels, floor work, stylization and learning choreography quickly! By Jessica Sayde
2:35-3:30	Ask a Judge: Find out what professional judges are really looking for. By Katie Baker

Twisting: Learn to twist from two-legged and single-legged stunts. Learn the "tricks" to get around easier when twisting from liberties, stretches, arabesques, etc. By Jeff Laber
Intermediate Tumbling: Handstands, backhands, back tucks, whip backs, tumbling sequences. By David Clark
Liberties: Learn all varieties of liberties (i.e. stretches, arabesques, torches, etc). Learn trouble-shooting keys that are essential to unlocking the mystery of the perfect one legged skill. By Jeff Laber
Co-Ed Stunting: This class will show how to teach and perform solid Co-Ed partner stunts with proven techniques for bases and flyers. By Matt Null
Advance Transitions: This class will include 360's, tick-tocks, yo-yo-s, rewinds and maybe a few surprises too! By Jeff Laber
Advanced Tumbling: Series tumbling, standing back tucks, layouts, x-outs, fulls and front tumbling. By David Clark