

2005 OCF Coaches' & Captains' Conference

November 12 & 13, 2005

Delta Airport West

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<http://www4.deltahotels.com/hotels/hotels.php?hotelld=153>

Fees: Saturday & Sunday – Guest Speakers only - \$30 for both days

Sunday NCSSE Coaching Certifications: \$55 each (two will be offered – see below)

To Register: Because we need to know numbers prior to the event, we ask that you please email Karen Wallace at: south@ocf.on.ca

Please include the following information:

1. Names of those attending and indicate your title eg. Coach or Captain
2. What organization/school you are from
3. Indicate which sessions you will be attending:
 - a) Coaches'/Captains' Sessions only on both days or
 - b) Coaches'/Captains' Sessions on Saturday/Certifications on Sunday or
 - c) Certifications on Sunday only
4. If you are planning to take the Certifications, which ones will you be attending:
 - a) Cheer & Dance Coaching Principles and Ethics
 - b) Cheer Coaching Fundamentals
 - c) Both Sessions

The conference will include a morning and afternoon snack break. Lunch is on your own. There are a number of restaurants directly across from the hotel including: A & W, Country Style Donuts and Montana's.

The OCF has rooms available at the Delta Airport West. If you are interested in staying over night, please contact: Feiona Gobin at fgobin@deltahotels.com or at the hotel phone numbers above.

SATURDAY, November 12, 2005

TIME	COACHES	CAPTAINS
8:30-8:45	Registration	Registration
8:45-9:00	Welcome	Welcome
9:00-10:00	USASF Rules and Regulations	Winning the Mental Way
10:00-10:15	Break	Break
10:15-11:15	Developing a strong school/team program vs. all star program	How to be an effective captain
11:15-12:15	Winning the Mental Way	Stunt Progression and the Importance of Safety
12:15-1:15	Lunch	Lunch
1:15-3:15	Stunt Progression	Stunt Progression
3:15-3:30	Break	Break
3:30-4:30	Round Table Session	Round Table Session

USASF Rules and Regulations Levels/Rule Clarification (1 Hour)

Join USASF, OCF, PCA and NACCC members as they review the changes in the level system and clarify rules. This is the session that will set your season for success and provide a question and answer period to all coaches. We are very pleased to have Mr. Les Stella, USASF Credentialing Director and Worlds Competition Director, with us to conduct this session.

Stunt Progression (2 Hours)

Jen Uselton from UCA takes you from the Shoulder Sit to the Toss Cupie with innovative mounts and dismounts. Using live demonstrators, she will answer your questions regarding skill technique hand progression drills.

Cheerleading Round Table (1 Hour)

Have a lot of little questions about everything? Useful information regarding fundraising, tryouts, practice organization, conditioning and of course, routine choreography will be shared.

Developing a Strong School/Team Program vs. All Star Program (1 Hour)

Winning the Mental Way (1 Hour)

This session will help to provide the tools necessary to help your team reach peak performance on a more consistent basis. Will help you in the development of a sound working team and give you the skills to keep your team on its road to success.

Team Building/How to Be an Effective Captain (1 Hour)

Time to turn your group of cheerleaders into a unified team of athletes! Participate in this fun, interactive session which is sure to energize your team.

The Sunday Guest Speaker Schedule is yet to be finalized but will include:

Competition Readiness and Performance Preparation.

Building a Strong School Program

We will post the final schedules as soon as the Speakers' sessions have been confirmed.

Outline of Certifications - Sunday, November 13, 2005

<p>8:30-11:30 This introductory class is a prerequisite course for any additional courses taken through the NCSSE.</p> <p>Length of course: 3-4 hours</p>	<p>Cheer & Dance Coaching Principles and Ethics</p>	<p>Developed by the NCSSE, this fundamental course has been designed specifically for cheerleading coaches desiring to build a foundation necessary for a successful cheerleading program. This comprehensive overview covers the following key elements:</p> <ul style="list-style-type: none"> • Roles and Responsibilities of a Coach • Safety Management • Sportsmanship Ethics • Relationship Building • Program Development
<p>12:30- 3:30</p> <p>This course is highly recommended for individuals with fewer than 3 years of experience as a cheerleading coach.</p> <p>Length of time: 3 hours</p>	<p>Cheer Coaching Fundamentals</p>	<p>Coaches will be presented with a more in depth and interactive approach to Program Development (practices, legal liability, etc.) and Safety Management. These topics include the following fundamental coaching skills:</p> <ul style="list-style-type: none"> • Motion and jump technique • Practice organization • Conditioning • Tryout Implementation • Legal responsibilities

The calibre of speakers is excellent. You will find their biographies/cheerleading histories below:

Les Stella

- Credentialing Director for USASF
- World Championships Director
- Previous owner TUCS Cheer Lab 5 years
- 10 years Germantown High School Coach
- Stunt and Pyramid choreographer all Levels

Jen Uselton

- Former St. Joseph's University Cheerleader.
- Universal Cheerleaders Association Head Instructor 13 years.
- Former coach and choreographer for High school and College participants and National Championship Teams, at the National High School Cheerleading Championships and College Championships as seen on ESPN.
- National and International cheerleading competition judge.
- Accredited speaker for AACCA, American Association of Cheerleading Coaches and Advisors.
- Accredited speaker in almost 25 national or state conventions.

Anne Gorman

- Owner/Founder Cheer Eruption All-Stars, LLC
- West Virginia State Director, NCSSE
- ACCAA Certified
- Certified Cheer Judge
- Clarke County High School Varsity Cheer and Dance Team Coach
- Former Director of Cheerleading CLYFL, Loudoun County, VA
- Former Champion Cheerleading Camps, Instructor
- Former High School and College Cheerleader
- 20 years coaching experience

For any further information regarding the conference, you can contact **Karen Wallace** at south@ocf.on.ca or **Lorna Holland** at treasurer@ocf.on.ca