2014 Illinois Cheer & Dance Coaches Conference
Sunday August 24, 2014
Registration, Check in and Continental Breakfast from 9:00 – 10:00 AM
Hosted by Oak Forest High School
15201 Central Ave, Oak Forest

	10:00 – 10:30	10:35 – 11:00	11:05 – Noon	Noon to 12:45	12:50 – 1:50	1:55 – 2:55	3:00 – 3:55
Cafeteria	**GENERAL SESSION** **OPENING REMARKS** **&** **IHSA ADDRESS** **WITH:** **SHAUNDA BROWN (CHEER)** **&** **TRACIE HENRY (DANCE)**	CHEER Q&A with IHSA **Shaunda Brown** **Becky Weslow** **John Powers** IHSA Officials	Maintaining Your Sanity In the Insane Cheer World **Morton Bergue** **Cheergyms.com**	**LUNCH**	Dance: 50 points- Don't Overlook the easy stuff **Lynn Gelatka** **IHSA Official & Secretary of the ISOA Dance Board**	Motivating Your Staff, Parents and Kids **Morton Bergue** **Cheergyms.com**	Mental Blocks **Jeff Benson** **Mind Body Cheer**
Lecture Hall		DANCE Q&A with IHSA **Tracie Henry** **Sara Flanigan** **Lynn Gelatka** IHSA Officials	Mental Blocks **Jeff Benson** **Mind Body Cheer**		Mindset **Jeff Benson** **Mind Body Cheer**	How to make a difference in IHSA **Candace Gadomski** **IHSA Official & President of the ISOA Dance Board**	Rumors about IHSA Dance **Candace Gadomski** **IHSA Official & President of the ISOA Dance Board**
Gym 4			Dance Round Table **Sara Flanigan** **Lynn Gelatka** IHSA Officials	Visit Vendors	Cheer TBD **Sara Flanigan**	Dance: How to Interpret your Judges Comments **Lynn Gelatka** **IHSA Official & Secretary of the ISOA Dance Board**	Cheer "Round" Table **Sara Flanigan** **Becky Weslow** **John Powers** IHSA Official
Classroom Room #617			Cheer: The Math is Done **Derek Ramel** **Super CDA**		IHSA Officiating **Candace Gadomski** **IHSA Official & President of the ISOA Dance Board**		
Gym 1			Motion Tech **Katie Lammel** **UCA**		Hands On Stunting Beginning **Morton Bergue** **Cheergyms.com**	Jump Class **Super CDA**	Hands On Stunting Advanced & Elite **Super CDA**
Gym 2			Dance Technique **Richard Smith** **Inaside Chicago Dance**		Proper Nutrition for Athletes **Richard Smith** **Inaside Chicago Dance**	Performance Anxiety **Jeff Benson** **Mind Body Cheer**	Dance Technique **Richard Smith** **Inaside Chicago Dance**