

DANCE

Room A103 unless otherwise noted

Tuesday, July 26

7:30 a.m.

Registration & Exhibit Areas Open

9:00 a.m. – 9:50 a.m.

David Martin, The Jason Foundation: Suicide & Student-Athletes – Auditorium

10:05 a.m. – 10:30 a.m.

NCA Sport Meetings: Creation of NCA Dance Advisory Committee

10:45 a.m. – 11:35 a.m.

Welcome, Celebration of Life - Saundi Fugleberg

Keynote: Jimmy Page, Author, Speaker, Leadership Coach: *Heroic Coaching: Rediscover your Purpose, Passion, and Power to Win On and Off the Field* – Main Gym

11:35 a.m. – 1:15 p.m.

Lunch on your own – Visit Exhibitors

1:15 p.m. – 2:05 p.m.

Erin Sparrold, ES Sport Nutrition – Best Practices for Cheerleading & Dance

2:20 p.m. – 3:10 p.m.

Ashley Counterman, Midland University, NE: *How to Build a Positive Team Culture*

3:10 p.m. – 3:45 p.m.

Ice Cream Social – Exhibitor Area

3:45 p.m. – 4:35 p.m.

NSAA Concussion, Cardiac Arrest and Heat Acclimatization Training - Auditorium

Wednesday, July 27

7:30 a.m.

Registration & Exhibit Areas Open

8:00 a.m. – 8:50 a.m.

Doc Beeman, 3D Institute: *Parents as Assets* – Auditorium

8:00 a.m. – 4:00 p.m.

Coaches Care Blood Drive – West Side LNS

9:00 a.m. – 9:50 a.m.

Kelsey Scheffer UDA & Ashley Counterman, Midland University, NE & UDA Judge: *Understanding & Maximizing Your Scoresheet at Competition*

10:05 a.m. – 10:50 a.m.

District Meetings & Major Raffle at Mtg. (Elections of Board Members, Election of Advisory Committee Members, Q&A with NCA Board of Directors)

11:05 a.m. – 11:55 a.m.

Ashley Counterman, Midland University, NE: *Transitioning Your Dancer to College*

11:55 a.m. – 1:15 p.m.

Lunch on Your Own & NCA Sports Advisory Lunch Mtg. at LNS

1:30 p.m. – 2:20 p.m.

Ashley Counterman, Midland University, NE: *Cleaning Your Routine/Skills*

2:35 p.m. – 3:25 p.m.

Varsity Spirit, Showcase & Fashions for Dance

Thursday, July 28

7:30 a.m.

Registration & Exhibit Areas Open

9:00 a.m. – 9:50 a.m.

Madison Weaver, Bennington HS, NE: *Steps to Building a Competitive Dance Program*

10:00 a.m. – 10:50 a.m.

Darin Boysen, NCA: *Nebraska State Cheer & Dance Championships – New Timelines for Registration/Open Forum*

11:05 a.m.

Drawings – Main Gym