

## CHEERLEADING & DANCE

### **A102 – Cheerleading & A103 – Dance unless otherwise noted**

#### **Tuesday, July 23**

7:30 a.m. – 4:30 p.m.

Registration & Exhibit Areas Open

8:30 a.m. – 8:55 a.m.

**NCA Cheerleading (A102) & Dance (A103) Sport Meetings:** Advisory Committee Nominations/Selections & Begin Discussion – Nebraska State Championships

9:00 a.m. – 9:50 a.m.

Jennifer Marks, Cardinal Gibbons HS, NC (2023 NFHS Spirit National Coach of the Year) – *Perfect Trifecta – Administration, Parents & Coaches – It Really IS Possible to be on the Same Page*

10:00 a.m. – 10:50 a.m.

Jennifer Marks, Cardinal Gibbons HS, NC (2023 NFHS Spirit National Coach of the Year) – *Program Longevity in an Era of Constant Change*

11:00 a.m. – 11:45 a.m.

**Welcome & Keynote:** Rhonda Revelle, University of Nebraska – *Embrace It All* – Gym

11:45 a.m. – 1:15 p.m.

**Lunch on your own**

12:00 p.m. – 1:15 p.m.

**Nebraska State Performance Testing Championships** – Main Gym

1:15 p.m. – 2:05 p.m.

**Beyond the X's & O's**

Chuck Hughes, Tall Cop Says Stop – *You Can't Stop What You Don't Know, Youth Substance Abuse* – Auditorium

Rhonda Revelle, University of Nebraska – *Women Athletic Leadership* – Main Gym

Amber Fahey, SHIFT – *WIN - What's Important Now - Awareness of Where You are "NOW" & Where You Want to Be is Key to Progression, The Power of Setting "Clear" Short Term Progression Goals Throughout Your Season* – South Gym

2:20 p.m. – 4:30 p.m.

Nebraska Orthopaedic Center - *Sports Medicine & Athletic Taping Walk-In Training* – Athletic Training Room

2:20 p.m. – 3:10 p.m.

Amber Fahey, SHIFT – *Three Types of FEAR that Can Crush True Potential.*

*FEAR is a Momentum Crusher. Gain a Deeper Understanding of How FEAR Can Keep You STUCK or Stunt Your Growth Potential Daily. Uncover the Realization That You Have the Power to Architect Your Future Through Positive Utilization of Mental Projections* – A102

2:20 p.m. – 3:10 p.m.

Chuck Hughes, Tall Cop Says Stop – *You Can't Stop What You Don't Know, Youth Substance Abuse, Advanced Discussion and Q&A* – Small Theater

3:10 p.m. – 3:30 p.m.

**Ice Cream Social** - Presented by Nebraska State Education Association – Exhibitor Area

3:30 p.m. – 4:20 p.m.

Amber Fahey, SHIFT - *Change Your Relationship with Failure/Rejection & Change Your Life - Framework to Restoring Confidence & Belief in Yourself - Unleash the Courage & Internal Drive that is "CAGED" Inside* – A102

4:30 p.m. – 6:00 p.m.

In-Person CPR & AED Training – South Gym

(Must register and complete the online training prior to clinic)

#### **Wednesday, July 24**

7:00 a.m. – 2:30 p.m.

**Running/Walking for Kindness - Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk** – Benefiting the Nebraska Food Bank Network - LNS East Parking Lot

7:00 a.m. – 8:15 a.m.

**Fellowship of Christian Athletes Breakfast**, Featured Speaker – Mark Armstrong, Former Athletic Director, Lincoln Southwest HS, NE – E117

7:30 a.m. – 2:30 p.m.

Registration & Exhibit Areas Open

8:00 a.m. – 2:00 p.m.

**Coaches Care Blood Drive** – West Side LNS

8:30 a.m. – 9:20 a.m.

*Varsity Spirit Fashion Show* – Cheerleading – A102

9:35 a.m. – 10:25 a.m.

*Varsity Spirit Fashion Show* – Dance – A103

9:35 a.m. – 10:25 a.m.

Jason Sack, Universal Cheerleading Association – *Game Day Changes* – A102

10:40 a.m. – 11:10 a.m.

**NCA District Meetings & Raffles** (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)

11:20 a.m. – 12:10 p.m.

Rob Miller, Proactive Coaching, MO – *The Impact of Trust* – A102

11:55 a.m. – 1:15 p.m.

**Lunch on Your Own & NCA Sports Advisory Lunch Meetings**

1:30 p.m. – 3:30 p.m.

Nebraska Orthopaedic Center - *Sports Medicine & Athletic Taping Walk-In Training* – Athletic Training Room

1:30 p.m. – 2:20 p.m.

Rob Miller, Proactive Coaching, MO – *The First Steps to Great Teams* – A102

2:30 p.m. – 3:20 p.m.

Darin & Tina Boysen, NCA – *2025 Nebraska State Championships Dialogue* – A102

3:30 p.m. – 3:45 p.m.

**Final Drawings** – Main Gym