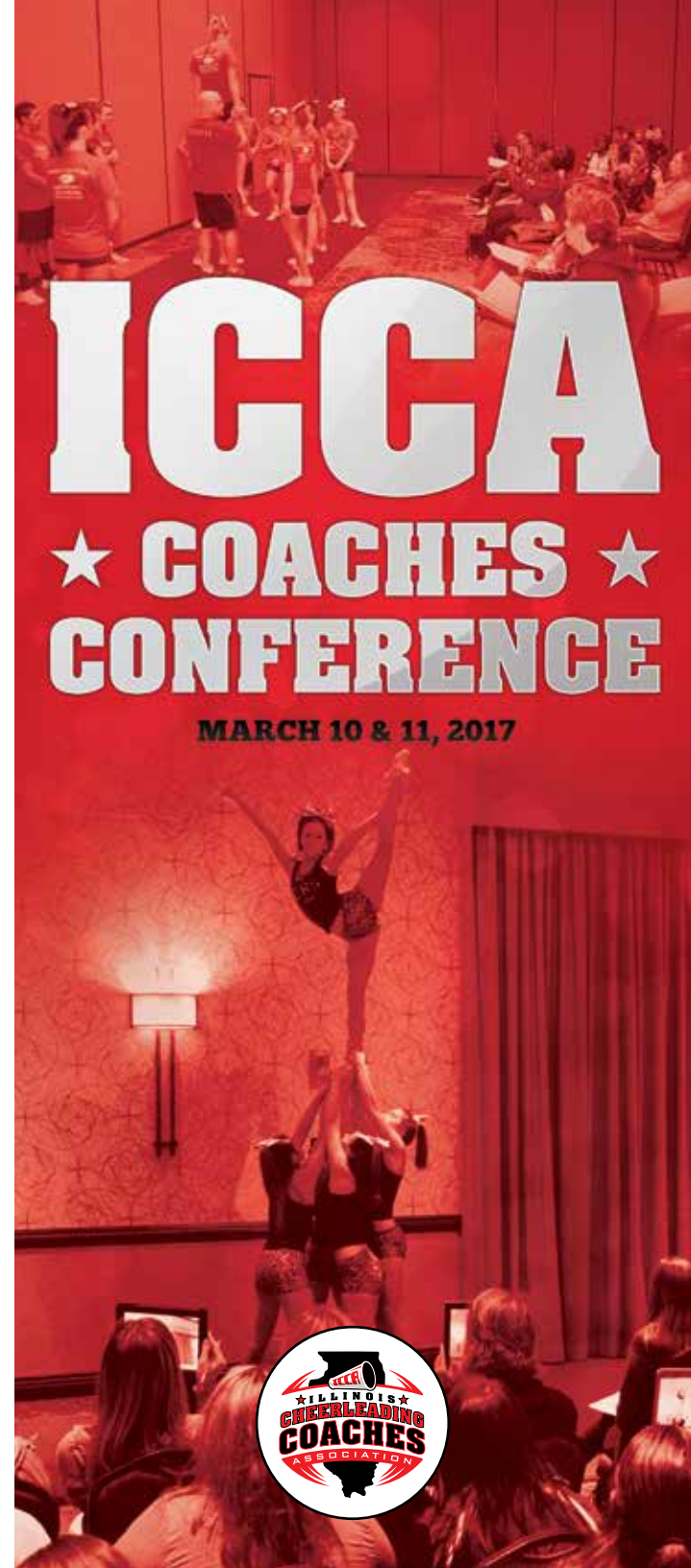




Libby Moore
1512 Mary Elizabeth Dr • Taylorville, IL 62568



ICCA

★ COACHES ★ CONFERENCE

MARCH 10 & 11, 2017





CLASSES

Strength & Conditioning

HOW TO GET YOUR ATHLETES TO GAIN SKILLS FASTER

Tips & Tricks for Basics:

EMPHASIS ON TECHNIQUE, PROGRESSION, NEW TIPS & TRICKS

Creative Transitions

MAKE TRANSITIONS DIFFERENT THAN OTHERS

IHSA Wrap Up/Looking Ahead

What's In Store for IHSA & ICCA 2017

Unblocked: The Walls Come Tumbling Down

Flexibility

Biometrics of Tumbling and Stunting

Proper Warmups

Concussions 101

Top 10 List Every Cheer Coach Needs to Know

Motions

Motivation

Intermediate to Elite - Stunts

Jumps

SKILLS, DRILLS & THRILLS

Choreography

AND MORE!

QUESTIONS?

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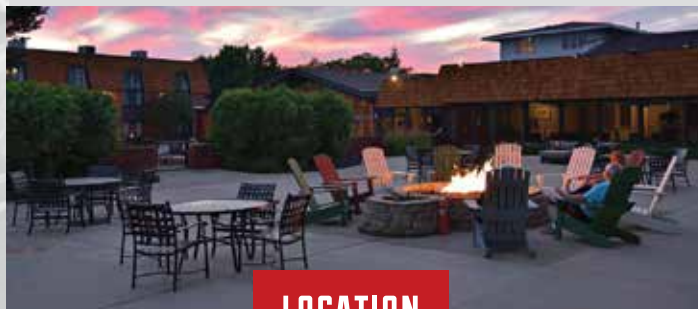
COACH LINCOLN WAY EAST HIGH SCHOOL; IL

Derek Ramel

SUPER COA; WI, IL

CONFERENCE FEE - \$75

AFTER MARCH 3RD - \$90



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630.584.6300

Room Rate cutoff date 02/08/17
When you ask for the ICCA rate

Single/Double - \$109

Triple - \$119

Quad - \$129

RESPONSE FORM

Each entrant must fill out their own response form.
Please make as many copies of this form as you need.

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Make checks payable to: ICCA

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