

Saturday, October 18

Time	Advanced athletes	High-intermediate athletes	Mid-to-low intermediate athletes	Beginner athletes	Coaches/Parents/Profs.
8:00 - 8:30 am	Registration				
8:30 - 9:00 am	Warm-ups				Meet & greet
9:00 - 9:50 am	Baton/body combos <i>Katiana Welsheimer</i>	Contact/flips <i>Julia Arciola</i>	Spin technique/catches <i>Bower Sarra</i>	Basic twirl combos <i>Kirsandra Welsheimer</i>	Approaching and Mastering Routine Construction <i>Kathy Forsythe</i>
10:00 - 10:50 am	Contact/flips <i>Kathy Forsythe</i>	Dance twirl routine w/music <i>Katiana and Kirsandra</i>	2-Baton and 3-Baton <i>Julia and Bower</i>		"Make It Work" Overcoming Obstacles in Practice & Performance <i>Alaine Robbins</i>
11:00 - 11:50 am	Collegiate Twirling-- Moves for the Field <i>Julia Arciola</i>	Stationary and traveling tricks <i>Katiana Welsheimer</i>	Rolls <i>Kirsandra Welsheimer</i>	Dance twirl routine w/music <i>Bower Sarra</i>	Benefits and Strategies in Teaching USTA Strut <i>Kathy Forsythe</i>
12:00 - 12:50 pm	Lunch + Collegiate Twirling Q&A				
1:00 - 1:50 pm	Rolls <i>Bower Sarra</i>	Aerials and catches <i>Julia Arciola</i>	Baton/body combos <i>Katiana Welsheimer</i>	Spin technique/catches <i>Kirsandra Welsheimer</i>	Q&A Submitted by Professionals <i>Kathy Forsythe</i>
2:00 - 2:50 pm	Aerials and catches <i>Kirsandra Welsheimer</i>	Rolls <i>Bower Sarra</i>	Contact/flips <i>Julia Arciola</i>	Rolls <i>Katiana Welsheimer</i>	How To Teach Beginner and Elite Rolls <i>Kathy Forsythe</i>
3:00 - 3:50 pm	Group Dance! <i>All clinicians</i>				Understanding the New Judging System for Freestyle <i>Jason Lee</i>

Sunday, October 19

Time	Advanced athletes	High-intermediate athletes	Mid-to-low intermediate athletes	Beginner athletes	Coaches/Parents/Profs.
8:00 - 8:30 am	Registration				
8:30 - 9:00 am	Warm-ups				Meet & greet
9:00 - 9:50 am	Baton-body combo routine <i>Katiana Welsheimer</i>	Stationary & Traveling Aerials <i>Kirsandra Welsheimer</i>	2-Baton & 3-Baton Rolls <i>Julia Arciola</i>	Dance twirl routine w/music <i>Bower Sarra</i>	The College Twirling Audition Process <i>Kathy Forsythe</i>
10:00 -10:50 am	2-baton and 3-baton <i>Julia and Bower</i>		Baton-body combo routine <i>Jason Lee</i>	Basic twirl combos <i>Kathy Forsythe</i>	Teaching Dancework, Flexibility, and Gymnastics <i>Katiana and Kirsandra</i>
11:00 - 11:50 am	Contact series and flips <i>Kirsandra Welsheimer</i>	Strut Technique & Series <i>Katiana Welsheimer</i>	Contact series and flips <i>Bower Sarra</i>	Spins and basic body moves <i>Julia Arciola</i>	Approaches for Teaching 2-Baton & 3-Baton <i>Kathy Forsythe</i>
12:00 - 1:00 pm	Practice tips, competition strategies, and how to handle pressure <i>Julia and Bower</i>		Aerials and traveling tricks <i>Kirsandra Welsheimer</i>	Baton-body combo routine <i>Katiana Welsheimer</i>	Optimizing Athlete Performance <i>Kathy Forsythe</i>