

"Coaches Day at the Rosebud Motel"



**NDCCA Coaches' Day-July 29th 2021
Century High School**

MORNING SESSIONS

- 8:00-8:25 Registration**
- 8:30-9:15 Choreography**
- 9:15-10:00 Helllllloooooo Round Table!**
- 10:00-10:15 Break**
- 10:15-11:30 Stunting Session (Dickinson State cheerleaders)**
- 11:30-12:10 Intro to Tumbling (DSU)**
- 12:10-1:30 LUNCH and General Assembly Meeting (lunch provided)**

AFTERNOON SESSIONS

- 1:30-2:15 Trainer Tips- Alicia Wells, Stanford Sports Medicine**
- 2:15-3:30 Spirit Rules Meeting- all head coaches MUST attend one of the rules meetings**
- 3:30-9:00 ASEP Sport First Aid and hands-on stunting class (only for those that still need to be stunt-certified)**

(SEPARATE FEE AND REGISTRATION REQUIRED—NOT INCLUDED IN COACHES DAY PRICES)

TO GET A T-SHIRT THAT DAY, WE MUST HAVE YOUR REGISTRATION BY 7/15

NAME: _____ SCHOOL: _____

T-shirt Size: _____ Email: _____

I AM PAYING FOR - (PLEASE CHECK ONE OF THE FOLLOWING) (A \$10 LATE FEE AFTER JULY 15)

- _____ 1. COACHES DAY REGISTRATION ONLY
(Cost \$15)**
- _____ 2. COACHES DAY REGISTRATION (\$5) PLUS 2021-2022 NDCCA MEMBERSHIP (\$20)
(Cost \$25: Please fill out the Membership form in addition to this Registration Form.)**

SEND REGISTRATION TO:

**Billie Ann Caya
172 Boise Ave. Apt. 1
Bismarck, ND 58504**