



VARSITY UNIVERSITY - LEVERKUSEN

SEPTEMBER 21-22, 2024

SUNDAY

Rooms	Terrassensaal	AGAM Saal	Vortragssaal	Kino
9:00am-10:15am	<i>Tucker Hunter & Peter Lezin</i> Dismounts Levels 2 to 6	<i>Tara Lezin</i> Improving Flexibility - Practical Morning Session	<i>Ritch Ludke</i> Get your teams competition ready	<i>Svenja Kollek, Jonas Miller & Marco Daniels</i> Registration Process, Tips and Tricks and What's New with Varsity Europe Events
10:15am-10:30am	Class Change			
10:30am-11:45am	<i>Tucker Hunter</i> Transitions Levels 1 to 4	<i>Tara Lezin</i> Flyer Flexibility and Strength Training	<i>Ritch Ludke</i> Jumps for perfect Scores	<i>Marco Daniels</i> United Scoring - Tumbling Scoresheet
11:45am-12:00pm	Class Change			
12:00pm- 1:15pm	<i>Tucker Hunter</i> Transitions Levels 5 to 7	<i>Mandy Andrews</i> Becoming an effective Tumbling Coach	<i>Peter Lezin & Ritch Ludke</i> Starting and growing your own program	<i>Marco Daniels</i> United Scoring - Open Question & Answer Session
1:15pm-2:15pm	Lunch Break			
2:15pm-3:30pm	<i>Tucker Hunter</i> Building a strong Youth and Junior Program for Future Success	<i>Mandy Andrews</i> Back Handsprings for Days - Tipps and Drills	<i>Peter Lezin</i> Being an effective leader and communicating your goals	<i>Marco Daniels</i> IASF Scoresheet / Worlds Scoring
3:30pm-3:45pm	Class Change			
3:45pm-5:00pm	<i>Ritch Ludke & Peter Lezin</i> Season Planning and having a 3-Year Plan	<i>Mandy Andrews & Tucker Hunter</i> Mental Blocks and how to work around them	<i>Carly Byman Ludke</i> Adding a Dance Program to your existing Cheer Program	<i>Marco Daniels</i> Understanding Deductions and Reading the Rules
5:00pm-5:10pm	Class Change			
5:10pm-5:30pm	<i>Jonas Miller & All Speakers</i> Closing Session			