



# VARSITY UNIVERSITY Schedule

**Check-In Saturday 1st of October 8 am to 9 am**

**Classes Saturday: 9:30 am to 1 pm and 2 pm to 5:30 pm**

**Classes Sunday: 8:30 am to 12 pm and 1 pm to 3:15 pm**

**Clubraum D DEMOS   Clubraum E STAFF   Clubraum F STORE**

## SATURDAY, OCTOBER 1ST

	AGAM Saal	Vortragssaal	Kino	Clubraum A
<b>9:30 - 10:30</b>	Tic Tocks <i>Brienne &amp; Andy</i>	Strength for Tumbling <i>Mandy</i>	Team Building <i>Tara</i>	Pyramid Mounts and Dismounts that WOW <i>Peter</i>
<b>10:45 - 11:45</b>	Perfecting your Level 1 and 2 Tumbling <i>Brienne &amp; Andy</i>	Warm Up Tumbling using Drills <i>Mandy</i>	How to structure your event days for maximum efficiency <i>Tara</i>	Going full out for the first time <i>Peter</i>
<b>12:00 - 13:00</b>	Take your Tosses to the next Level <i>Peter</i>	Level 1 Stunts <i>Brienne &amp; Andy</i>	Practice the Brandon Way <i>Tara</i>	Front- and Back-Handsprings <i>Mandy</i>
Break				
<b>14:00 - 15:00</b>	From Handstands to Walkovers <i>Mandy</i>	Release Moves 4-7 <i>Peter</i>	The Summit - Everything you need to know <i>Damianne</i>	Jump Perfection <i>Brienne &amp; Andy</i>
<b>15:15 - 16:15</b>	Level 2 Stunts <i>Peter</i>	Tucks and Layouts <i>Mandy</i>	Dealing with Parents <i>Brienne &amp; Andy</i>	Strength and Conditioning for Bases <i>Tara</i>
<b>16:30 - 17:30</b>	Stunt Technique - Timing and Execution <i>Peter</i>	Getting to the top and staying there <i>Brienne &amp; Andy</i>	Structuring your Tumbling Classes <i>Mandy</i>	Flyer Flexibility and Body Control <i>Tara</i>

## SUNDAY, OCTOBER 2ND

	AGAM Saal	Vortragssaal	Kino	Clubraum A
<b>8:30 - 9:30</b>	Creative Entries for Stunts, Tosses and Pyramids <i>Peter</i>	Athlete / Coach Connection <i>Tara</i>	How do I read the scoring documents and scoresheet <i>Marco</i>	
<b>9:45 - 10:45</b>	Coed Stunting: Fixing Typical Problems <i>Peter &amp; Patty</i>	Twisting in Tumbling <i>Mandy</i>	United Scoring System - Levels 1-4 <i>Marco</i>	
<b>11:00 - 12:00</b>	Creating the perfect Stunt section <i>Peter</i>	How to teach Tumbling without Spotting <i>Mandy</i>	United Scoring System WORLDS Level 6-7 <i>Marco</i>	Open Chat - Q&A <i>Tara</i>
Break				
<b>13:00 - 14:00</b>	Tumbling Drills for all Levels <i>Mandy</i>	Spin your Stunts <i>Peter</i>	Challenges of working with young athletes <i>Tara</i>	IASF Scoring at Summit and Worlds <i>Marco</i>
<b>14:15 - 15:15</b>	Level 3 and 4 Stunts <i>Peter</i>	Starting to learn tosses for young athletes <i>Tara</i>	Tumbling Troubleshooting - How do I fix this? <i>Mandy</i>	Open Scoring FAQ <i>Marco</i>

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