

IHSCCO COACH & ATHLETE CONFERENCE May 15th 2022

Time	Session			
8:00-9:00	Check In/Visit Vendors			
9:00-10:00	IHSCCO Opening Remarks Keynote Speaker: Jeff Benson "Average to Extraordinary: Creating buy-in to a championship culture."			
10:15-11:00	Attendees: Coaches & Athletes Session: Stunts and Dismounts Presenter: NCA Where: Main Gym	Attendees: Coaches & Athletes Session: Jump Drills Presenter: Jenny Krumlinde Where: Field House	Attendees: Coaches Only Session: IHSA Rubric & Scoring Presenter: Shaunda Brown & Angie Wilimngton Where: Auditorium	
11:00-11:10	Visit Vendors			
11:15-12:00	Attendees: Coaches & Athletes Session: Baskets, Pyramids, & Coed Stunts Presenter: Camp Jeff Where: Main Gym	Attendees: Coaches & Athletes Session: Flyer Stretches & Drills Presenter: Brittney Mooney-DiBlasi, Xperience Chicago Where: Fieldhouse	Attendees: Coaches Only Session: Performance Anxiety and Mental Blocks Presenter: Jeff Benson Where: Auditorium	
12:00-1:25	Lunch and Visit Vendors/Colleges Food Trucks Available - Cafeteria Open Seating - Can also leave and come back			
1:30-2:15	Attendees: Coaches & Athletes Session: Stunts and Dismounts Presenter: NCA Where: Main Gym	Attendees: Coaches & Athletes Session: C3 Game Day Presenter: Brooke Twohill Where: 300 Study Hall	Attendees: Athletes Only Session: Mental Health Presenter: Ashley Morgan Where: 200 Study Hall	Attendees: Coaches Only Session: Mental Health Presenter: Amy Schierbaum Where: 400 Study Hall
2:15-2:25	Visit Vendors			
2:30-3:15	Attendees: Coaches Only Session: Legalities Presenter: Katie Clemons Where: 300 Study Hall	Attendees: Athletes Only Session: IHSA Rubric Presenter: Angie Wilmington & Shaunda Brown Where: Auditorium	Attendees: Coaches Only Session: Productive Practice Presenter: Antonia Urbanski Where: 400 Study Hall	
3:15-3:25	Visit Vendors			

<p>3:30-4:15</p>	<p>Attendees: Coaches & Athletes</p> <p>Session: Baskets, Pyramids, & Coed Stunts</p> <p>Presenter: Camp Jeff</p> <p>Where: Fieldhouse</p>	<p>Attendees: Athletes Only</p> <p>Session: Performance Anxiety and Mental Blocks</p> <p>Presenter: Jeff Benson</p> <p>Where: Auditorium</p>	<p>Attendees: Coaches Only</p> <p>Session: Choreo 101</p> <p>Presenter: Jared Erlenbaugh & Brittney Mooney-DiBlasi</p> <p>Where: Main Gym</p>	<p>Attendees: Coaches Only</p> <p>Session: 22-23 NFHS Rule Changes</p> <p>Presenter: Shaunda Brown</p> <p>Where: 300 Study Hall</p>
<p>4:15-4:25</p>	<p><i>Visit Vendors</i></p>			
<p>4:30-5:15</p>	<p>Attendees: Coaches & Athletes</p> <p>Session: Jump Drills</p> <p>Presenter: Jenny Krumlinde</p> <p>Where: Field House</p>	<p>Attendees: Coaches Only</p> <p>Session: Culture By Design</p> <p>Presenter: Jeff Benson</p> <p>Where: Auditorium</p>	<p>Attendees: Coaches & Athletes</p> <p>Session: Food For Fuel: Nutrition + Conditioning</p> <p>Presenter: Ryann Carson</p> <p>Where: 300 Study Hall</p>	