



THE ACADEMY

CLASS OFFERINGS

ATHLETE

WEDNESDAY, JULY 9



Kinshasa Garrett Shauna Holm Harold Williams	Welcome Session
Nicole Leago Devall	Keynote
Lauren Pennington	Strong Body, Strong Season: Injury Prevention and Recovery for All Star Athletes
Shawn Simmons Kinshasa Garrett April Jensen	Next Level Ready: College Prep and Recruitment Strategies for All Star Athletes
Mia Gonzelez Vanessa Vail	Thrive Beyond the Mat: Wellness & Balance for All Star Athletes
Shawn Simmons April Jensen	Own the Spotlight: Building Your Personal Brand On & Off the Floor
Lauren Pennington	LUNCH 'n LEARN: Food As Fuel *Lauren Pennington
Kinshasa Garrett	Beyond the 8-Count: Performing Like a Pro
Vanessa Vail	Winning the Clock: Time Management Strategies for Elite Athletes
Owen Cox Mia Gonzalez	Talk It Out: Communication and Conflict Skills for All Star Athletes
April Jensen Vanessa Vail	Beyond the Title: Leading with Impact in All Star
Lauren Pennington	Strong to the Finish: Power + Performance for All Star Athletes
Kinshasa Garrett	All Star Quest: The Ultimate Challenge
	The Academy Social



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THURSDAY, JULY 10



Brett Hansen Teighlyr Sullivan	Hit 'n Move: Motions and Dance
Bryn Williams Jillian Norko	Pom & Hip Hop Fusion
Brett Hansen Teighlyr Sullivan	Jump Like a Texan
April Jensen Bryn Williams	Halftime Hype to Sideline Spirit: Living the Game Day Dance Experience
Marti Love	Positive Motivation: Getting the Best From Today's Cheer and Dance Athletes
Andrew MacIntosh	Inclusive Leadership for Cheer and Dance
	Athlete LUNCH / RECOGNITION onsite
USASF Board of Directors	Your Voice Matters: A Conversation with the USASF Board of Directors
Justin Croninger Shawn Simmons Kinshasa Garrett	Media Training and On-Camera Experience
	Add-on Experiences: College Combine – Cheer, STUNT Master Dance Classes – Jazz, Hip Hop, Pom/Game Day

Minors aged 13 to 18 (as of July 1, 2025) who will be enrolled in high school (grades 9–12) during the 2025–2026 school year are eligible to register for THE ACADEMY. Participants may select one of two tracks: Athlete or Junior Coach.

Speakers and classes are subject to change between now and the conference.