

THE ACADEMY

at



BLOCK SCHEDULE

Minor Attendees may choose to attend as follows: [CLICK HERE TO REGISTER](#)

Master Dance Classes only Thursday, July 10, 2:30-8:30 pm.

Master Dance Classes: Hip Hop, Pom/Game Day, Jazz

2-day Conference Wednesday, July 9, and Thursday, July 10

Athlete Academy or Junior Coach Academy without the Master Dance Classes

2-day PLUS Master Dance Classes Wednesday, July 9, and Thursday, July 10

Athlete Academy or Junior Coach Academy + Master Dance Classes: Hip Hop, Pom/Game Day, Jazz

USA CHEER College Combine

Thursday, July 10, 5-7 pm. Separate registration required. [Click here for more information.](#)

Wednesday, July 9, 2025 - Conference Offerings

**** NEW THIS YEAR ****

The Athlete and Junior Coach offerings will take place **before** the Adult Professionals conference.

8 am	Registration & Check-in
8:30-10:30am	Conference Welcome & Keynote Presentation
10:30 am-12:30 pm	Conference Sessions
12:30-1:30 pm	Lunch
1:30-4:30 pm	Conference Sessions
4:30-6:30 pm	Dinner Break (on your own)
6:30-8:30 pm	Social

Thursday, July 10, 2025 - Conference Offerings

8:30 am-Noon	Conference Sessions		
Noon-1 pm	Attendee Awards Recognition Luncheon		
1-2:30 pm	Board of Directors Town Hall and Q&A		
2-Day Registrants		2-Day PLUS Registrants	
2:30-4 pm	Conference Session	2:30-4 pm	Master Class: Jazz
4-5 pm	Break	4-5:30 pm	Master Class: Hip Hop
5-7 pm	USA CHEER College Combine	5:30-8 pm	Master Class: Pom/Game Day

Minor Attendees have the opportunity to be invited to serve as Worlds Athlete Ambassadors and go behind the scenes at The Cheerleading Worlds[®] and The Dance Worlds[™] 2025. They will work closely with the USASF social media team to cover the event.

Dance Ambassador selection: During conference sessions or the Master Dance Classes.

Cheer Ambassador selection: During conference sessions.

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CURRICULUM OVERVIEW - page 1 Athlete Academy | Junior Coach Academy

Minors who will be at least 13 but not older than 18 years of age on or before July 1, 2025, AND in high school (grades 9-12) during the 2025-2026 school year are eligible to register to attend THE ACADEMY and select one of our Minor tracks: Athlete or Junior Coach.

THE Academy offers tailored sessions for both athletes and junior coaches to help you excel in your role and make an impact in your programs.

Athlete Academy Overview

The Athlete Academy is designed to nurture the development of well-rounded athletes by enhancing their performance and leadership skills. We aim to empower athletes with the tools and mindset they need to become influential leaders both within their teams and in their broader communities. Through comprehensive training and mentorship, cheer and dance athletes will be equipped with the skills to thrive both on and off the mat or Marley.

Key components of the Athlete Academy include:

- 1. Leadership & Mindset Training:** Curriculum that covers topics such as communication, teamwork, conflict resolution and goal setting.
- 2. Movement Workshops:** Sessions focusing on technique in skill areas (jumps, motions, dance, and choreography) as well as strength and flexibility.
- 3. Mentorship:** Opportunities for athletes to be mentored by industry professionals, coaches and other leaders within the All Star community.
- 4. Community Engagement:** Encouraging athletes to get involved in community service and outreach projects, helping them develop a sense of responsibility and giving back.
- 5. Personal Development:** Focusing on building confidence, resilience and a positive mindset, which are crucial for success both on and off the stage.
- 6. Networking:** Creating opportunities for athletes to connect with peers and industry leaders, fostering a supportive network that can help them in their athletic and professional journeys.

The program aims to nurture the next generation of leaders in the All Star community, equipping them with the skills needed to lead by example and inspire others.

You Asked! We Listened! Athlete Academy: New Curriculum Addition! We're excited to announce that — we're bringing you even MORE hands-on movement-based classes designed to elevate your skills and enhance your performance. Whether you're looking to refine your technique or build strength and flexibility, we've got you covered.

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ACADEMY CURRICULUM OVERVIEW - page 2 Athlete Academy | Junior Coach Academy

Junior Coach Academy Overview

The Junior Coach Academy is for minors who assist cheer coaches or dance instructors. This program provides a structured pathway for young coaches to develop skills and build confidence under the guidance of seasoned adult coaches and professionals in the spirit industry.

Curriculum progresses each year the Junior Coach attends.

First-year Junior Coach attendees focus on learning their role as an assistant to the adult coach. Training topics include:

- **Basic Spotting Techniques:** Emphasis on spotting Level 1 and Level 2 skills safely and effectively.
- **Preschool Fundamentals:** Understanding child development and foundational coaching techniques for preschool-age participants.

Second-year Junior Coach attendees expand their skills and take on additional responsibilities. Training topics include:

- **Level 3 Spotting Skills:** Developing competence in spotting more advanced skills.
- **Introduction to Choreography:** Basic principles of creating routines and understanding performance elements.

Third-year Junior Coach attendees prepare for the transition to becoming independent adult coaches.

Training topics include:

- **Practice Schedule Development:** Learn to create effective and organized practice plans.
- **Professional Conduct and Compliance:** Understand the importance of professionalism, ethics and conduct as a coach.
- **Legality and Safety Awareness:** Explore compliance, liability and legal issues that come with coaching independently.

This program equips Junior Coaches with the knowledge and hands-on experience to become valuable members of their gym or studio teams while fostering personal growth and coaching skills.