



# Jump Start 2008

NDCCA Coaches' Day  
Sunday, September 21, 2008  
Bismarck High School

NAME \_\_\_\_\_ SCHOOL \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_ CITY, STATE ZIP \_\_\_\_\_

HOME PHONE/CELL # \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

MORNING SESSIONS (PLEASE CHECK SESSION(S) YOU PLAN TO ATTEND)

**7:30 –8:00 Registration**

8:00- 11:00

**\*Coaching Principles (National Federation Course) - Billie Ann Caya \$40.00**

9:00- 10:00

**Advanced Stunts – Shannon O’Connor**

10:00- 11:00

**Nutrition**

11:00- 12:00

**Conditioning**

12:00 – 1:00

**Lunch (provided with registration) and General Assembly Meeting for NDCCA**

AFTERNOON SESSIONS (PLEASE CHECK SESSION(S) YOU PLAN TO ATTEND)

1:00- 3:00

**\*Partner Stunts I (National Federation Course) - Shannon O’Connor \$40.00**

1:00-2:00

**Weights for Cheerleading**

2:00-3:00

**Nutrition**

**Round Table Discussion.....send in your suggestions with registration**

**\*Either of these classes will fulfill new 5-year requirements for stunting certification in North Dakota**

3:30-5:30 Spirit Rules Clinic (for those coaches that still need to attend a rules meeting)

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**NDCCA Membership: \$20.00**

**Coaches Day Registration: \$15.00 (late fee \$10.00 if postmarked after September 2)**

**\*National Federation course fee: \$40.00/course.**

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Please send your check (payable to North Dakota Cheer Coaches Association) and completed registration form to:

Paula Goldman  
PO Box 574  
Beulah, ND 58523

**Please have registration in by September 2, 2008. (Time is needed to order the books for the class.)**