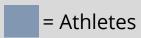


# 2024 CONVENTION SCHEDULE

#### **SCHEDULE KEY**









=Board of Governers & Committee Specific



**SEPTEMBER 12, 2024** 

TIME	PROGRAM
7:30	Foundation and BOD Meeting
7:55	Athlete Meeting 1
9:00	Welcome Address
9:15	What it Takes to Lead
10:15	Bring Artistic Back
11:00	Managing Social Media
11:15	Communication is Key
12:30	Lunch & CELEBRATING OUR HISTORY
2:00	Behind the Touch Pad
3:00	Get to Know the New Rules
4:00	Acrobatics
5:00	Meet the Candidates

\*Lunch provided by USAAS



SEPTEMBER 12, 2024

TIME	PROGRAM
6:00	IR Comittee Meeting
6:00	Masters Comittee Meeting
6:00	AWD Comittee Meeting



#### **SEPTEMBER 13, 2024**

TIME	PROGRAM
7:00	We Move As One - Land Drilling for Success
7:00	Athlete Meeting 2
7:55	Rules Comittee Meeting
9:00	Mental Training Session 1 (Comfortable with Uncomfrotable Situations?
10:00	Mental Training for Coaches
11:00	Do You Have a Practice and Competition Plan?
12:30	Lunch & Keynote Speaker - 2024 Olympic Team
1:30	Click n Clear - Future of Music Rights Presentation
1:30	Mental Training for Athletes
2:00	AWD Development - Club Excellence - Capitalizing on the Olympic Games
2:30	Statistics for Success
3:30	Figure Skating vs Artistic Swim. Scoring Comparison

\*Lunch provided by USAAS



**SEPTEMBER 13, 2024** 

TIME	PROGRAM
3:30	Get Artistic: An Interactive Session to Improve your Artistic Skills
4:30	Do you Have a practice and Competition Plan?
4:30	Collegiate Roundtables
6:00	Foundation Reception



**SEPTEMBER 14, 2024** 

TIME	PROGRAM
7:00	Pure Barre Workout lead by Diana Wolff
8:00	Athlete 3 Meeting
9:30	East Zone Meeting
9:30	North Zone Meeting
9:30	South Zone Meeting
9:30	West Zone Meeting
11:30	Election Period
12:30	Lunch & Keynote Speaker - Candy Costie
1:30	Board of Directors & Board of Governors Meeting
6:30	Awards Reception



**SEPTEMBER 15, 2024** 

TIME	PROGRAM
8:00	Foundation Trustee Meeting
8:30	Board of Directors Meeting