




*WE MOVE AS*  
**ONE**


# 2024 CONVENTION SCHEDULE

## SCHEDULE KEY

 = Everyone

 = Athletes

 = Coaches & Judges

 = Board of Governors & Committee Specific



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# 2024 CONVENTION

## SEPTEMBER 12, 2024

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

*\*Lunch provided by USAAS*



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# 2024 CONVENTION

## SEPTEMBER 12, 2024

TIME	PROGRAM
<b>6:00</b>	IR Comittee Meeting
<b>6:00</b>	Masters Comittee Meeting
<b>6:00</b>	AWD Comittee Meeting



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# 2024 CONVENTION

SEPTEMBER 13, 2024

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

*\*Lunch provided by USAAS*



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# 2024 CONVENTION

SEPTEMBER 13, 2024

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



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# 2024 CONVENTION

SEPTEMBER 14, 2024

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

*\*Lunch provided by USAAS*



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# 2024 CONVENTION

## SEPTEMBER 15, 2024

TIME	PROGRAM
<b>8:00</b>	Foundation Trustee Meeting
<b>8:30</b>	Board of Directors Meeting