



Convention Workshop Schedule

Louisville, KY

Saturday March 28, 2026



8:15 AM - 9:00 AM - Registration (coaches only) & Improv Registration in Ballroom Foyer

8:45 AM - Doors to classrooms open for dancers

Youth (10 & Under) Ballroom E	Junior (11-13) Ballroom A/B	Senior (14+) Ballroom D	Coach/Studio Owner Location TBD
9:00 AM - 10:00 AM Warm Up / Hip Hop Liv	9:00 AM - 10:00 AM Warm Up / Technique Tami	9:00 AM - 10:00 AM Warm Up / Lyrical Emmaline	Coaches are invited to observe and/or take all convention classes
15 min break	10:00AM - 11:00 AM Hip Hop Brandon	10:00AM - 11:00 AM Game Day Sideline Pom Erika	
10:15AM - 11:30 AM Jazz Combo & Auditions Emmaline	15 min break	15 min break	AUDITION SCHEDULE: 10:15 AM - 11:30 AM Youth Auditions 11:15 - 12:30 PM Junior Auditions 1:45 PM - 3:00 PM Senior Auditions
11:30 AM -12:15 PM Technique Tami	11:15 AM -12:30 PM Jazz Combo & Auditions Kelsey	11:15 AM -12:00 PM Hip Hop Liv	
LUNCH 12:15 PM - 1:30 PM	LUNCH 12:30 PM - 1:45 PM	LUNCH 12:00 PM - 1:15 PM	
1:30 PM - 2:00 PM Improv Competition	1:45 PM - 2:15 PM Improv Competition	1:15 PM - 1:45 PM Improv Competition	1:15 PM - 2:15 PM Improv Competitions
2:00 PM - 3:00 PM Lyrical Kelsey	2:15 PM - 3:15 PM Pom Erika	1:45 PM - 3:00 PM Jazz Combo/Auditions Brandon	2:15 PM - 3:00 PM Cardio, Strength & Zen Liv
15 min break		15 min break	3:00 PM - 3:45 PM Strengthening Creativity in Stage Movement Brandon
3:15 PM - 4:00 PM Pom Erika	3:15 PM - 4:00 PM Lyrical Emmaline	3:15 PM - 4:00 PM Strength / Technique Kelsey	

Closing Showcase Performances & Convention Awards will take place on Sunday during the competition on the Main Stage.

Reference Sunday's performance order for each convention group's performance time
Convention scholarships & awards will be given out during Awards ceremonies

Coach/Studio Owner Classes

2:15 PM - 3:00 PM Cardio, Strength & Zen: this class offers a guided structure for blending energetic movement with strengthening, yoga, and cardio elements.

3:00 PM - 3:45 PM Strengthening Creativity in Stage Movement: this class includes a workout circuit to help the dancer become stronger with their movement including structured exercises, motivational speech and breathing techniques. Alongside exercises to help with stage awareness.