

OCCA COACHES CONFERENCE

Testimonials

I attend conference because it makes me feel confident in myself and my ability to coach. Every year, I leave conference with a plethora of new knowledge that not only benefits myself and my coaching staff, but my entire cheerleading program. The variety of classes is so extensive that there has not been a time where I didn't learn something, didn't want to take a class that hour, or doubted that the classes would benefit me or my program. Another reason I love conference is because there is nothing quite like networking with hundreds of people who completely understand you. Coaching is daunting, hard, stressful, emotionally draining, and more. But these people understand how incredibly rewarding coaching is as well. When you surround yourself with people who just "get you," you walk away feeling reenergized (something we all need every year). And hey, you may even make new friends because of it. I know that each year, my relationships with other coaches grow deeper, because I choose to put myself out there and attend conference each year. When I take a chance on myself, I directly impact my program and my cheerleaders. I correlate conference and my success as a coach together. Because I would never be the coach I am, and my program would never be the success it is, without conference. – Shantell Bourgeois, Ridgeview High School

I have attended conference since 2003 and have coached since 2001. Each year I have attended, I have learned so much in the way of technique instruction, creative ways to perform material, several ways to teach basic skills (because it's important to have variety so that each of your athletes can understand), and different ways to take your program to the next level regardless of skill level or experience. What I leave with each season as an OCCA conference attendee, which is the most important of my experience, is that I'm not alone, there are lots of people willing to help coaches succeed, and that there is always someone there to support you. From the OCCA board members to coaches around the state, we're all in this together and it shows throughout conference each year. What I'm saying is, GO. You won't regret it! – Becki Kurtz, Dehen Cheer Sales Representative, aka McBecke

I look forward to attending the OCCA Coaches Conference every year. Even after 20 years of coaching, I still always walk away with new ideas, techniques, and inspiration for the upcoming year. It is a great way to connect with other coaches and the perfect way to kick off a new season. Melissa Hoekert, Westview High School

Coaches conference is one of my favorite weekends of the year!! It is so much fun to get to network with coaches from Oregon and learn and share ideas with each other! It is so good to share stories, learn new fundraising ideas, visit all the amazing vendors, and start planning and setting your new goals for the new cheer season! Most importantly, it is a great time to come together and just congratulate and celebrate all the amazing coaches that put in hours of work each season! You do not want to miss it! – Kelsey Wallace, The Dalles High School

Some of the reasons I attend OCCA Coaches Conference every year is to rejuvenate myself and network with the best coaches in the state. Every year I go, I walk away ready to kick off my new season! Refreshed and ready to hit the sidelines! – Amber Cowgill, David Douglas High School

Although I've been coaching for 23 years, I still love to attend OCCA Conference because I always learn something new! The classes that are taught are so informative to help me stay current on all trends in cheer and hearing the key note speaker every year really gets me motivated to start the new season. I also love networking with other coaches to hear what works for them and what doesn't, so I can apply to my own program. It's just a fun weekend to gather with like-minded people and it's a great way to kick off the start of your new year! - Christine Langley, Lakeridge High School

I think it is important for all coaches to attend conference. This sport is constantly evolving and growing and this is the perfect outlet for coaches to come together to not only learn from speakers/instructors but to collaborate peer to peer. OCCA really does a great job at putting it all together to make it beneficial for Oregon cheer. Plus, it's fun to meet new faces and connect with teams we don't get to see often. – Missy Hippe, Mountainside High School

OCCA puts on a FABULOUS conference every year! My favorite part about it is networking with other coaches and getting pumped for the upcoming season! Between classes, vendors and discussions, you will learn something new! – Aubrey Westfall, Henley High School

I attend conference to further my relationships with other coaches, OCCA staff and vendors. It's a great opportunity to get to put faces to names and to talk to others in an environment that doesn't include the stress of competition day! My favorite part is just the relationship building – I've met some of my now dearest friends at conference. – Shelby Tracy, Gladstone High School

I look forward to attending conference each year because it always provides the perfect jumpstart I need for a new season. Building relationships with other coaches gives me the support I need when things get tough. The classes always provide different techniques or ways of working with different athletes. The celebration of a year full of achievements at the banquet Saturday night and access to so many vendors all at once makes for a fun atmosphere while learning from so many amazing coaches. – Megan Day, Central Linn High School

I attend coaches conference each year to reset and re-energize. Conference is packed with my awesome coaching friends, new and familiar cheer vendors, specialty classes and clinics, as well as guest speakers and round table time! Conference gives us the ability to connect with those across the state that we don't always get to connect with due to schedules and locations. It helps us problem solve and generate ideas to put forth for program next season. We are so fortunate to have so much experience and knowledge, conference helps us access those people and information with ease. – Shannon McCauley, Beaverton High School

My very first year of coaching I went to conference. I learned so much that year and met so many new people! I have continued to go to conference because there is always new faces and new material. Conference helps me set the season off right, every year! – Melissa Gemmet, Cottage Grove High School

The OCCA Coaches Conference is one of my favorite events of the year. Every year I get to spend time with amazing people who share a passion for cheerleading and who strive to positively affect the lives of children and young adults. I always leave conference inspired and excited for the cheer season to start because I have learned so much that I would like to implement. The mix of learning, socializing, and celebrating the year's accomplishments make this event so much fun and so incredibly useful. – Natalie Stager, OCCA Secretary and coach