



CHEERPRO TRAINING

Skill Level Guidelines:

* You should expect Conditioning to be a regular part of all our classes at CheerPro. Strong bodies make Strong Skills.

INTRO 1

This level is for young athletes who are new to tumbling. **Intro 1 will cover:**

***Mastery of all these skills required to graduate to Intro 2**

- Basic flexibility techniques. Front leg straight in proper form
- 6 of the 12 Body Shapes of Tumbling - required to perform basic tumbling skills. Shape holds for 10 seconds required in proper form.
- Backbends - in proper form. Arms straight and by head. Heels touching the floor.
- Forward Rolls - legs, together, arms straight, chin and center tucked, and able to finish in a stand up position without touching the floor
- Backward Rolls - arms in proper position, knees tucked and together, roll to a stand up position
- Headstands - hold for 3 - 5 seconds. controlled dismount
- Wall handstands - arms straight, head in and arms beside head. Hold for 5 -10 seconds.
- Cartwheels - Legs straight and arms by head/ears. Lunge to Lunge in proper form.
- Conditioning to build proper body strength required for tumbling success and the holding of body weight in skills.
 - ✚ **Flexibility section:** 50% way down in splits with straight front leg.
 - ✚ **Specific Strength Requirements:** 5 Pushups in proper form.
 - ✚ More strength and flexibility requirements not listed. You may inquire about the full list before your assessment to graduate.

INTRO 2

This level is for athletes who have learned tumbling basics. In this Class, your athlete will apply the techniques acquired in Intro 1 to successfully and safely perform all beginner tumbling skills including:

***Mastery of all these skills required to graduate to Level 1**

- Bridge Holds - in proper form = arms straight by head, legs straight and together, pointed toes with a tippy toe push. For 5 - 10 seconds.
- Back Bend Kickovers - in good form.
- Back Walkovers - in good form.
- Intro to Roundoffs - do not have to be perfect to progress to level 1 but have general body coordination.
 - ✚ **Flexibility section:** 75% way down in splits with straight front leg.
 - ✚ **Specific Strength Requirements:** 10 Pushups at 90 % elbows in proper form. *More strength requirements not listed.
 - ✚ *More strength and flexibility requirements not listed. You may inquire about the full list before your assessment to graduate.

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LEVEL 1

This level is for athletes who have mastered all Intro 1 and 2 skills unassisted. In this Class, your athlete will continue perfecting roundoffs and progress to:

***Mastery of all these skills required to graduate to Level 2**

- Roundoffs - landing chest up and arms by head
- Standing Backhandspring - legs tight and together, landing with chest up.
- Round off Backhandspring - legs tight and together in good form, arms blocking through the shoulders, rebound with chest up. Quick connection out of the roundoff.

✚ **ADD Flexibility section:** 90% way down in splits with straight front leg.

✚ **ADD Specific Strength Requirements:** 15 Pushups at 90% elbows in proper form. *More strength requirements not listed.

✚ *_More strength and flexibility requirements not listed. You may inquire about the full list before your assessment to graduate.

LEVEL 2

This level is for athletes who have mastered all Level 1 standing and running skills, unassisted and clean! Clean is legs straight and together, blocking through the shoulders with arms STRAIGHT (no frog legs, no bent arms!).

Athletes in Level 2 will progress to:

- Standing multiple Backhandsprings - in good form with quick connections
- Running multiple Backhandsprings
 - ***Mastery of all these skills required to graduate to Level 3**

✚ *_More strength and flexibility requirements not listed. You may inquire about the full list before your assessment to graduate.

LEVEL 3

This level is for athletes who have mastered multiples unassisted and clean! Athletes in Level 3 will progress to:

- standing and running tucks, and combinations of Level 2 and 3 skills

*** Mastery of all these skills required to graduate to Level 4**

✚ More strength and flexibility requirements not listed. You may inquire about the full list before your assessment to graduate.

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LEVEL 4

Athletes in Level 4 will progress to:

- Layouts

*** Mastery of all these skills required to graduate to Level 5**

✚ Athletes will be expected to maintain strength and flexibility in order to graduate.

LEVEL 5

This level is for athletes who have mastered layouts. In Level 5, athletes will progress to layout full twists, and multiples/combinations thereof.

*** Mastery of all these skills required to graduate to Level 6**

✚ Athletes will be expected to maintain strength and flexibility in order to graduate.

LEVEL 6

In this level, athletes will progress to Elite skills to include double fulls, Arabians, etc.

✚ Athletes will be expected to maintain strength and flexibility in order to graduate.