

CheerPro Skill Level Guidelines:

*All levels will be expected to participate in Strength and Conditioning progressions based on the difficulty expected within their level.

INTRO 1

This level is for young athletes who are new to tumbling. In this Class, your athlete will be introduced to flexibility and tumbling techniques required to perform basic tumbling skills, assisted, including :

- Forward and Backward Rolls
- Headstands and Handstands
- Backbends
- Bridges
- Kickovers and Walkovers
- Cartwheels
- Intro to Strength, Conditioning and Holding Tumbling body positions

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 Forward and Backward Rolls
- Falling to a Backbend from standing up
- Headstands and Handstands
- Backbends
- Bridges
- Kickovers and Walkovers
- Cartwheels
- Athletes will also be introduced to the technique and muscle development required for roundoffs and back handsprings (assisted).

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:

- Standing Backhandsprings
- Roundoff Back Handsprings

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 and running multiple back handsprings.

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
- combinations of Level 2 and 3 skills.

LEVEL 4

This level is for athletes who have mastered running and standing skills to include tucks, multiples, and combinations of skills. Athletes in Level 4 will progress to:

- Layouts

LEVEL 5

This level is for athletes who have mastered layouts. In Level 5, athletes will progress to:

- layout full twists
- Whips
- and multiples/combinations of elite skills thereof.

LEVEL 6

In this level, athletes will progress to Elite skills to include:

- double fulls, Arabians, whip full through to full, etc.