

# Tumbling

All tumbling classes are taught in progressive method that sets the tumbler up for future success. Emphasis will be on proper technique, repetition of skills, and teaching in a progress/perfection order that does not hold an athlete back from achieving higher-level skills. Coaches will expect full mastery of skills in order to progress to the next skill. Coaches will utilize spring floor, rod floor, tumble track and tumbling apparatus in order to team skills. All classes have adopted a “drills get skills” curriculum which will focus on the formation of proper body lines, explosiveness, and strong technique. All classes will begin with repetition of the basic required skills. All classes will include conditioning/athletic training. Most importantly – all classes will include FUN and achievement of skills!

## **Tiny Tumble**

This class is designed for tumblers ages 4-6 years old. Athletes will master the essential skills of tumbling: forward/backward rolls, handstands, bridges, cartwheels, and roundoffs, with introduction to bridge kickovers. Athletes will utilize the drills taught to hone these basic skills which are the foundation to tumbling.

- Requirements: Ages 4-6 years old
- \*Note: Athletes who are 6 years old and have mastered the skills above and have been approved by a coach may register for Beginner Tumbling
- Attire & Shoes: sports bras, athletic tanks, t-shirts, athletic shorts with clean dry cheer shoes or sneakers.

## **Beginner Tumble**

This class is designed for tumblers ages 6+. Athletes will master the essential skills of tumbling: forward/backward rolls handstands, bridges with straight arms, cartwheels, and roundoffs. Focus and emphasis will be on bridge kickovers, back/front walkovers, roundoffs and introduction to back handsprings (\*\*at the discretion of the coach once an athlete has mastered prior skills.)

- Requirements: 6 & older
- \*Note: Athletes who are 6 years old and have prior tumbling class or gymnastics experience will be eligible for this class. 6-year-old Tiny Tumblers who wish to move into this class must have prior approval from a coach.
- Depending on class size, we will attempt to divide the class by age.
- Attire & Shoes: sports bras, athletic tanks, t-shirts, athletic shorts with clean dry cheer shoes or sneakers.

## **Intermediate Tumble**

This class is designed for tumblers ages 6+. Athletes in this class have already mastered the beginner-level tumbling skills. Focus and emphasis will be on perfecting round offs and power hurdles, back handsprings, and connected skills.

- Requirements: 6 & older
- \*Note: Athletes must be able to do the following skills **unassisted**:
  - Roundoff, back walkover with straight arms, and all beginner-level skills
- Depending on class size, we will attempt to divide the class by age.
- Attire & Shoes: sports bras, athletic tanks, t-shirts, athletic shorts with clean dry cheer shoes or sneakers.

### Advanced Tumble

This class is designed for tumblers ages 6+. Athletes in this class have already mastered all beginner and intermediate-level skills. Focus and emphasis will be on round off back handspring tucks and higher.

- Requirements: 6 & older
- \*Note: Athletes must be able to do the following skills **unassisted**:
  - Roundoff BHS BHS consecutively
  - Standing BHS BHS consecutively
  - Back walkover BHS
- Attire & Shoes: sports bras, athletic tanks, t-shirts, athletic shorts with clean dry shoes or sneakers.

## Flyer Class

### Beginner Flyers

This class is designed for Tiny Flyers and Level 1 flyers. Focus and emphasis will be on core strength, stability, and flexibility as well as the basics of flying (how to hold body positions, sponges, knee-level stunts, and preps/extensions).

- Requirements: This is a beginner-level class. No experience necessary.

### Intermediate Flyers

This class is designed for level 2 or 3 flyers. Focus and emphasis will be on core strength, stability, and flexibility. Conditioning will be included in this class.

- Requirements: Please speak with the Flight School Coaches to determine eligibility for this class. Athletes will be evaluated based on age, ability, work ethic, and maturity level.

## Jump Class

This class is designed for anyone of all levels. Focus and emphasis will be on improving height, flexibility, sharp technique and proper arm placement in jumps. Athletes will work on toe touches, front hurdlers, pikes, connected jumps, and more! This class will include strength and conditioning.

