

TUMBLING LEVELS

Level 1 Tumbling

This class is designed for athletes who are beginners or fairly new to tumbling and are looking for strong fundamental training. At this level, HEC believes the separation of age groups is significant in the training process since the beginning stages of tumbling are the most important for skilled technique and continued success. The age groups are listed on the class schedule.

Level 2 Tumbling

This class is for athletes who have shown strong fundamental skills and are consistently executing standing or running back handsprings and working towards a back handspring series.

Level 3 Tumbling

This class is for athletes who have demonstrated strong level 2 tumbling skills. Athletes in this class must have previously shown consistent performance of a standing AND running back handspring series or have the recommendation of the staff.

Level 4 Tumbling

This class is for athletes who have mastered a running back tuck and solid level 3 tumbling skills. Athletes focus on layouts, standing back tucks and back handspring back tucks. Students must be recommended by staff to advance to level 5.

Level 5 Tumbling

Level 5 athletes have a consistent layout and are ready to start twisting. All other standing and running elite skills will be trained.

