



Intro to Tumble

Description Designed for our beginner athletes. Athletes will use drills and stations to learn the fundamental movements required for tumbling.

Prerequisite Must be 3yrs+ | Class Skill Requirements: NONE

LEVEL 100

Description Athletes will use drills and stations to focus on learning a front and back walkover, as well as perfect a round-off. Athletes will begin to work on details for back handsprings.

Prerequisite Must be 6yrs+ | Class Skill Requirements: Knowledge and experience working a front and back walkover. Athlete can perform a handstand, cartwheel, and bridge.

LEVEL 200

Description Athletes will focus on perfecting a round-off back handspring. In addition, athletes will work to incorporate back walkovers, front walkovers, cartwheels, etc. in combination with back handsprings in both standing and running tumbling.

Prerequisite Must be 6yrs+ | Class Skill Requirements: Athletes must be able to perform a back handspring without a spot on the tumble track, rod floors, cheese mat, floor, etc.

LEVEL 300

Description Athletes will begin to learn a round-off back handspring back tuck. In addition, athletes will work to incorporate front walkovers, series of back handsprings, and punch fronts into running tumbling passes. Standing tumbling will work to perfect and increase power in series of back handsprings, as well as jumps to back handsprings.

Prerequisite Must be 6yrs+ | Class Skill Requirements: Athletes must perform a strong round-off 3 back handsprings that build speed and end with a powerful rebound. Athletes must also perform a strong standing back handspring on the floor.

ELITE

Description Athletes will begin to learn a round-off back handspring layout and full. In addition, athletes will work to incorporate front walkovers, punch fronts, and whips into running tumbling passes. Athletes will work to jumps to standing back handspring tuck and jumps to standing tuck.

Prerequisite Must be 6yrs+ | Class Skill Requirements: Athletes must perform a strong round-off back handspring tuck. Athletes must be able to at least a strong standing 3 back handsprings on the floor.