



Spring Training

SPRING TRAINING 2024

May 6 - 23, 2024

UNLIMITED CLASSES

\$125 per athlete

	TUESDAY	WEDNESDAY	THURSDAY
5:30-6:30	Cheer 101*	Tiny Tumble*	Beginning Tumble
5:30-6:30	Back Handsprings	Layouts & Twists	Tuck Class
6:30-7:30	All Star Dance	Cheer Fit	Flyer Flex
7:30-8:30	Dismounts	Stunts that Spin	Stunts that Release/ Baskets

Class Descriptions:

Ages 4-6

Cheer 101: The basics of all-star cheer for our youngest athletes in a fun one our format

Tiny Tumble: Entry level tumble class for our 4-6 year old athletes, focusing on tumbling basics

Ages 7 & older

Beginning Tumble: Tumbling fundamentals, proper shapes, and progressions, starting at cartwheels and working skills up through front and back walk overs

Ages 7 & older (cont'd)

Back Handsprings: For athletes who have mastered front and back walk overs, focusing on the proper shapes and technique of back handsprings.

Layouts and twists: A class focusing on speed, power, and set drill, as well as mastery of the layout shape. Athletes must have an unspotted back handspring core tuck to attend.

Tuck Class: All things tucks! Standing tucks, running tucks and front tucks will all be covered. Must have unspotted series back handsprings

All Star Dance: Join us for this class focused on dance, performance, and movement!

Cheer Fit: A high energy class that will strengthen your core, improve your endurance, and prepare you for the fitness evaluation portion of placements.

Flyer Flex: Designed for all level athletes interested in the position of flyer in the 2024-25 season. Athletes will work flexibility, strength, body positions, timing, switching and twisting drills.

For athletes ages 7 and older who are learning stunting fundamentals up through level 2.

Dismounts: A stunt class focused on dismounts at every level, from cradles to double downs.

Stunts that spin: Learn the grips and technique involved in stunts that spin.

Stunts that Release/Baskets: A class that will teach bases and flyers the proper technique for release skills and basket tosses.