

# DuPage Cheer & Power Tumbling

## Preschool & Recreational Class Descriptions

### **Parent-Tot: 18mo-2.75 year olds** (45 minute class)

Our parent-tot classes have mom or dad in the class with child. We are developing motor skills, coordination, balance and strength while we introduce the young child to physical skills like jumping, skipping, galloping, climbing, etc. Students learn how to follow directions and take turns while they have their parents there for support and comfort.

### **Mighty Tumblers: 3-4 year olds** (1 hour class)

Mighty tumblers continue to build strength, motor skills and coordination while exploring more skills on the floor like forward rolls, learning to put weight on their hands with straight arms for handstands and the beginning of a cartwheel and on trampoline safety and skills with 2-foot jumps. Students learn to be in class all by themselves and be self-reliant as they experience listening and taking direction from other adults. This builds confidence in self and gives the student a sense of accomplishment as they participate in the class setting with other students their age and participate in learning skills.

### **Kinder Tumblers: 5-6 year olds** (1 hr class)

Kinder tumblers start to really have body awareness and understand what their little bodies are capable of. As they get stronger and more confident in themselves and the skills they can do, we can start to really work on more advanced tumbling and trampoline skills with kicking up to handstands, cartwheels and the start of the back handspring as they learn to go upside and backwards for floor skills. On trampoline students start to put individual skills together in "routines" that gets the child to develop those quick twitch muscles which are so important in so many other sports.

### **Intro to Tumbling: 1st grade - 5th grade** (1 hr class)

For students new to the sport of tumbling, the Intro to Tumbling classes works on developing the strength and power you need in order to become a tumbler. We work on handstands, cartwheels, round offs, round off with a rebound and the start of the standing back handspring. Students must learn to jump BIG with 2 feet for their back handspring and have a perfect round off rebound in order to move on to the next level. We highly recommend taking 2 classes per week to develop the strength and muscle memory to do these tumbling skills.

### **Intermediate Tumbling: 1st grade - 6th grade** (1 hr class)

Student learns to connect the round off to the back handspring and work multiples. Students will do a lot of station work to get them jumping backwards and building strength and confidence as well as being spotted on BHS. Students must have 3 running RO BHS before they moving to advanced and start working tucks. Must pass Intro to register or new students can evaluate into class.

## **Advanced Tumbling: 1st grade - 8th grade** (1 hr class)

Students who have mastered running round off 3 back handsprings can move to advanced where they will start learning back tucks, layouts and the start of twisting and standing tucks.

## **Jr. High/High School Tumbling: 6th grade - High school** (1 hr class)

Students in our jr. high/high school class all work out together and we divide by ability within the class. This way students who may not be at the same skill level can still be in the same class with others their age without being put in a beginner class with younger athletes. A round off rebound is ideal before entering the class and if your student does not have a round off, call the office as we may have some other options for you to ensure the athlete feels confident before they enter the class. Athletes in the jr. high /high school classes are working the same individual skills like round off back handsprings and continue to work multiple back handsprings, tucks, layouts and twisting as well as working specially passes for HS cheer routines. We create individualized curriculum plans for each student in our high school classes so no matter what level you are, we can help you.

## **Full/Double Full Class: 5th grade - HS** (1 hr class)

Athletes who have a solid round off back handspring to a layout and want to start working twisting for their full twisting layout can register for this class. Coaches work with students to figure out which way they twist naturally and use the trampolines and pit to gain confidence and air awareness in order to learn and perfect the full, start adding it to running tumbling and progress to a double full. *\*\*\*Learning an advanced skill like a full twisting layout is really best when athlete can dedicate coming to class as least 2x a week for muscle memory and aiding in the air awareness training and for safety. It is difficult to learn this advanced skill by coming only 1x a week and the athlete can become frustrated with their progress. Therefore for a better learning curve, we do recommend athletes enrolled in this class are also taking another advanced tumbling class so they are coming 2x a week.\*\*\**

## **TNT Class 1 & 2: 1st grade - High School** (1 hr class)

TNT stands for “tumbling and trampoline” and is for students looking to spend most of their time on trampolines learning skills and routines. Students work on trampoline, double mini trampoline and spend time on basic floor skills like handstands, cartwheels, round offs, the start of the back handspring. TNT 1 is for students age 1st - 4th grade with a focus on trampoline safety and an introduction to individual trampoline skills. TNT 2 is for 5th grade- HS and is teaching intermediate- advanced skills and learning to put those skills together in a routine at a faster pace for older students. Our homeschool classes follow TNT curriculum.

## **Cheer Technique & Boot Camp Classes: 1st - 8th grade** (1 hr class)

Students will stretch and increase flexibility in this class while they condition their muscles for the rigor that cheer demand. Students will work motions, dance, jumps and stunt learning to move, dance and tumble to 8-counts and synchronize tumbling passes. Cheer Tech is for 1st - 5th graders and Boot Camp is for 6th - 8th graders.