

THE SILVER BULLET FOR CHEERLEADERS

We welcome all cheerleaders to our tumbling classes. In our opinion, tumbling is the BEST PART of cheer and we are so glad you want to tumble with us. We have been teaching back handsprings to cheerleaders since 2009 and we're really good at it. We have worked with over 10,000 cheerleaders in this community and we have learned a thing or two. The number one thing we have seen over the years is those athletes who take tumbling classes year round and don't take breaks- are the strong, confident tumblers. Those athletes are the ones you can't stop looking at on the competitive cheer floor. The ones that just keep doing back handsprings across the floor? Yup. They tumble. Every week. And they don't take breaks.

Doing a back handspring takes a lot of strength, endurance and confidence and the only way for a student to master the back handspring and be able to safely perform it on a cheer floor is to get into regular weekly classes and never stop. It's not by doing a few private lessons. It's not by doing back handsprings out on the back yard trampoline. It is by getting coached by professionals. Every week. No breaks.

There is no silver bullet- just time in the gym on a consistent basis.

Now we know it sounds like a ploy- but it isn't. Learning a back handspring is not like riding a bike. You don't learn it and then the skill stays with you. It does not. As kids grow, they need to keep practicing so their bodies learn to adjust to their new size. As they get older, their center of gravity shifts, their arms get longer, hips spread, and when you are tumbling on a regular basis, these growing pains are easily navigated with little to no notice. Taking gaps of time off? The athlete will notice and will be an obstacle to overcome.

Plus, you are going upside and backwards- this is not easy mentally either. And as athletes get older, fear creeps in and those who once had the back handspring or almost had it at 8 years old...when they come back at age 13 trying to get it back for high school tryouts? Almost always struggle.

We know you are busy. With the increasing demands of cheer life from K/1 squads to the intensity of high school competitive cheer, we know you are pulled in so many directions with your cheerleader (not to mention your other children's sports schedules) and tumbling may be at the bottom of the list or something that can be dropped when you don't have time. We get it.

We just ask that you consider staying in class year round so your child can be strong and confident in their tumbling skills. We don't want you to feel bad if you have to drop your child from class but many parents we speak with have no idea that this is how tumbling works. That it really is detrimental to a child's growth with this sport when they stop for months at a time.

So this is our PSA on tumbling!

As coaches, we want nothing more than for your child to get their first back handspring at DCA. Our coaches reveal in the progress of an athlete they have been working with to get their back handspring and we are just as excited as the athlete when they accomplish their goals.

Thank you for taking the time to read this. We are thankful for all our customers for choosing DCA and hope they continue to enjoy learning tumbling skills no matter what sport they are in.