

# Apex Cheer & Athletics – Tumbling Programs

Thank you for your interest in the Apex Cheer Tumbling Programs. As we enter our 6<sup>th</sup> season, Apex Cheer continues to move into bigger and better things. We are enjoying all the tumbling facilities in our 20,000 sq. ft. state of the art cheerleading and tumbling facility. With our facility and our amazing staff, we are able to offer our athletes the best of the best.

Apex Cheer's tumbling programs are designed to help athletes focus specifically on their tumbling skills. Apex athletes will be taught solid technique and strong fundamentals in all areas tumbling. Apex Cheer athletes are trained to reach THEIR fullest potential, but more so, they are taught how to work hard, all while having FUN!!!

We have two Tumbling Programs: Our Tumble Tots program which is designed for our younger athletes (16 mths – 5 yrs old), and our All-Star Tumbling program which is for athletes ages 5 and up.

Our **Tumble Tots Program** is the perfect program to help our younger athletes get a head start on motor development. The Tots program helps promote fitness, build confidence, and teach body awareness, balance & flexibility. Tumble Tots classes are structured by age. (See below for a breakdown of the different classes)

Our **All-Star Tumbling Program** is for athletes ages 5 and up. Each tumbling class will focus on every element of the primary skill included in that class from the basic tumbling utilizing that skill all the way through to the specialty passes involving that skill. Athletes will not move to the next tumbling class / skills until they have mastered both standing and running tumbling for the specific skill. Execution of the skill will factor in as well, not just the fact that an athlete can "throw" the skill. (i.e. proper body position, pointed toes, etc.) Athletes will be evaluated every 7 – 8 weeks to determine whether they have mastered the skills within their current class and are ready to move on to their next class.

Our tumbling programs utilize a tumble track, spring surface, rod floors, in-ground trampolines, double mini, in-ground foam pit, and safety landing mats at every station. In order to ensure our athletes are being taught in the best way possible, our staff receive regular supplemental training which is in turn used to motivate and encourage athlete progression.

## Pricing Information – Tumble Tots & All-Star Tumbling

- Annual Registration Fee - \$75.00 (April 2016 – March 2017)
- Monthly Tuition
  - Tumble Tots Mom & Me Class –
    - \$65 / month (if on Automatic Bank Draft)
    - If not on automatic draft 3 months must be paid in full \$180
  - All other classes in Tumble Tots Program & All-Star Tumbling Program
    - \$80.00 / month (if on Automatic Bank Draft)
    - If not on automatic draft 3 months must be paid in full \$240



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## Tumble Tots Program

The following provides the general program aspects:

- Mom & Me Class – 45 minute class each week
- All other Tumble Tots Classes – 1 hour class each week
- 6 to 1 ratio of athlete to coach

### Tumble Tots Classes

- Mom & Me: 16months – 2 ½ years
- Toddler Gym: 2 – 3 years of age
- Pre Gym: 3 – 4 years of age
- Kinder Gym: 4 – 5 years of age

### Registration Information

*How do I know what class I should register for?*

- If your child is under 2 years old, they would be in the Mom & Me Class
- If your child is over 2 years old, call or come into the gym to discuss class placement with Erika the Tumble Tots Program Director.

*When do I register?*

- Registration is open anytime. Come into the gym during normal operating hours to check class availability and to complete the registration paperwork.

## All-Star Tumbling Program

The following provides the general program aspects:

- 1 hour class each week
- 6 to 1 ratio of athlete to coach for Novice and Beginner classes, and 7 to 1 ratio for all other classes
- Evaluations to assess skills for moving up occurs every 8 weeks
- Each class will include stretching, work on tumbling skills specific to the level for that class, and conditioning

### Tumbling Class Descriptions

- **Basics** – Entry level class. Focus on body position and fundamentals.
  - Skills include: cartwheel, handstand, backbend, front limber, and round-off.
- **Walkover** – After mastering the “Basics”, athletes move on to the “Walkover” class. Athletes will focus on front and back walkovers which are key fundamentals required to properly execute higher level skills.
  - Skills include: Front & Back Walkovers, Multiple walkovers, both standing and running, and jump combinations into standing walkovers.
- **Back Handspring I (Intro to Back Handspring)** – After mastering the front and back walkover, athletes will move on to learn a back handspring. In this class the athlete will master the proper technique for a back handspring and begin to incorporate the skill into various standing and running tumbling.
  - Skills include: Back handspring, back handspring step out, power hurdle round-off back handspring, 2 step hurdle round-off back handspring, and ariel



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- **Back Handspring II** (Advanced Back Handspring) – Once the athlete is properly executing a back handspring, they will move into the Back Handspring II class. This class will focus on mastering specialty passes with the back handspring and learning a back tuck.
  - Skills include: Back Handsprings, Handspring connections, multiple handsprings both standing and running, Specialty combinations of handsprings both standing and running, jump combinations into handsprings, and Round-off Back Handspring tuck.
- **Tucks** – Upon advancing to the tucks class, the athlete will have mastered a round-off back handspring tuck along with all the specialty passes involving back handsprings. The athlete will begin to connect additional skills from prior levels (i.e. back walkovers, jumps, front walkovers, etc.) in front of and behind the tuck. As the athlete begins to master the specialty standing and running tumbling involving the tuck, the athlete will learn how to do a layout.
  - Skills include: Front and back tucks both standing and running, Layouts, Standing and running combinations for tucks, and specialty combinations and Jump combinations.
- **Layouts** – Progression to the layouts class means the athlete has mastered all the specialty standing & running tumbling passes for tucks and they have also learned how to do a proper layout. In the layout class, athletes will focus on specialty passes both standing and running for layouts and learning a round off back handspring full, which starts the twisting elements of tumbling.
  - Skills include: standing & running tumbling involving layouts, jumps to backs, whips, specialty passes involving layouts, and a round-off back handspring full.
- **Elite** – When the athlete has mastered the specialty tumbling passes associated with a layout and they have also mastered a Round Off Back Handspring full, they will progress to the Elite class where they will learn additional twisting skills (standing full, double, etc.) and specialty passes involving twisting skills.
  - Skills include: Running and standing specialty passes to full, round-off back handspring double full, running and standing specialty passes to double full, Arabians, standing full, and toe full.

## Registration Information

### *How do I know what class I should register for?*

- If you are currently enrolled in a tumbling class at Apex Cheer coaches will be doing evaluations the week of March 28, 2016 and will let you know which class to register for.
- If you are new to Apex tumbling program, please bring your athlete in anytime on Monday(s) – Thursday(s) to have them evaluated to determine which tumbling class is appropriate.
- If your athlete has no prior experience with tumbling, there is no need to come in for an evaluation. You would need to register for the Basics class.

### *When do I register?*

- Once your child has been evaluated to determine which class is appropriate for them, come into the gym anytime during our operating hours to register and find a day and time that works for you.

