



Spirit All Stars



Cheer, Tumbling & Stunting Clinics

These clinics are being offered for athletes to work on the skills needed to for the upcoming season or become better all-around cheerleaders!

Saturday, April 21st

Levels 1 & 2 @ 1:00-3:00pm

- ❖ NO EXPERIENCE REQUIRED
- ❖ Level 1 Stunts – Preps, connected-fulls, single leg gut stunts, straight cradles
- ❖ Level 1 Tumbling: cartwheels, round-offs, forward & backward rolls, handstands, back & front walk-overs, beginning back handsprings with a spot
- ❖ Level 2 Stunts – Preps, extended fulls, single leg prep stunts, half turn cradles, straight basket tosses
- ❖ Level 2 Tumbling: back handsprings, round off back handspring multiples, standing multiples, front handsprings, BWO RO BHS, step out BHS

Levels 3, 4 & 5 @ 3:00-5:00pm

- ❖ MUST have standing multiples and RO BHS tuck to attend
- ❖ Level 3 Stunts – extended single legs, half ups, full downs, single twisting dismounts, basket tosses (single twists and tricks)
- ❖ Level 3 Tumbling: round-off back-handspring tucks, punch fronts, aerial cartwheels, FWO round off back handspring tucks
- ❖ Level 4/5 Stunts – single leg variations with switch ups and full up variations, single and double twisting dismounts, basket tosses (kick fulls, kick doubles, double twisting)
- ❖ Level 4/5 Tumbling: standing tucks, whip tucks, RO BHS lay-outs, aerial walk-overs, specialty passes, fulls, double fulls, standing fulls, Arabians



All Levels include:

- ❖ Arm Motion Technique, Jump & Flexibility Training, and Strength & Conditioning

Each clinic is \$25 per person (\$20 current all stars) if pre-registered by April 10th.

April 10th – day of \$30 per person. All clinics are for ages 5-18.

Register at the gym or online by clicking on PARENT PORTAL on the home page @ www.spiritcheerleading.org

TRY-OUTS Saturday, May 19th

\$30 if registered by 4/30/18, \$40 until 5/18/18 & \$50 walk ins

Spirit | 125 Boombah Blvd. | Yorkville | 630-882-9413