

## **Core Elite Tumble & Cheer**

### **PROGRAM CLASS DESCRIPTIONS**

#### ***LEVEL 1 TUMBLING:***

STUDENTS ENROLLING IN THESE CLASSES WILL LEARN THE BASICS OF BODY POSITIONING AND THE INCORPORATION OF THEM INTO A VARIETY OF SKILLS SUCH AS CARTWHEELS, ROUND-OFFS BACK WALK-OVERS. STUDENTS IN THESE CLASSES WILL ALSO LEARN BASIC TRAMPOLINE SAFETY AS WELL AS SKILLS ON THE TRAMPOLINE THAT WILL FURTHER DEVELOP THEIR GYMNASTICS ABILITY.

#### ***LEVEL 2 TUMBLING:***

STUDENTS ENROLLING IN THESE CLASSES WILL BEGIN TO LEARN THE BASICS OF BACK HANDSPRINGS AND FRONT HANDSPRINGS AS WELL AS INCREASING THE POWER OF THE ROUND-OFF. STUDENTS IN THESE CLASSES WILL ALSO BE INTRODUCED TO ADDITIONAL DRILLS AND SKILLS ON THE TRAMPOLINE IN ORDER TO SAFELY ADVANCE THEIR TUMBLING ABILITY.

#### ***LEVEL 3 TUMBLING:***

STUDENTS ENROLLING IN THESE CLASSES MUST HAVE A STANDING BACK HANDSPRING ON THE FLOOR WITHOUT ASSISTANCE. THE FOCUS IN THESE CLASSES IS TO BEGIN INCORPORATING TUMBLING SKILL CONNECTION SUCH AS ROUND-OFF BACK HANDSPRING AND ROUND-OFF BACK HANDSPRING BACK TUCKS AS WELL AS DEVELOPING THE FRONT TUCK. IN ADDITION TO MASTERING BACK TUCKS AND FRONT TUCKS, STUDENTS IN THESE CLASSES WILL ALSO BEGIN TO DEVELOP THE LAYOUT ON THE TRAMPOLINE.

#### ***LEVEL 4 TUMBLING:***

STUDENTS ENROLLING IN THESE CLASSES MUST HAVE A ROUND-OFF BACK HANDSPRING ON THE FLOOR WITHOUT ASSISTANCE. THE FOCUS IN THESE CLASSES IS TO TRAIN THE BACK TUCK IN ORDER TO TRANSITION INTO THE LAYOUT. CONNECTING COMBINATIONS FROM FRONT TUCKS WILL ALSO BE A FOCUS IN THE LEVEL 4 CLASSES. TRAMPOLINE APPLICATIONS WILL BE INCORPORATED INTO THESE CLASSES AS WELL THAT WILL ENHANCE THE ATHLETES ABILITY TO EFFECTIVELY CONTROL THEIR FLIGHT DURING MORE ADVANCED SKILLS.

#### ***LEVEL 5 TUMBLING:***

STUDENTS ENROLLING IN THESE CLASSES MUST HAVE A ROUND-OFF BACK HANDSPRING BACK LAYOUT ON THE FLOOR WITHOUT ASSISTANCE. THE FOCUS IN THESE CLASSES IS TO DEVELOP THE FULL TWIST AND POSSIBLE DOUBLE FULL TWIST. IN ADDITION, PROPER WHIP-BACK TECHNIQUE WILL BE COVERED IN THE LEVEL 5 CLASSES. CONNECTING COMBINATIONS FROM FRONT TUCKS AND WHIP-BACKS WILL ALSO BE A FOCUS. AS WITH ALL TUMBLING CLASSES, TRAMPOLINE APPLICATIONS WILL BE INCORPORATED IN ORDER TO FACILITATE THE MASTERY OF AIR SENSE.

#### ***ADVANCED STANDING TUMBLING:***

IN ORDER TO ANSWER THE NEEDS OF TODAY'S CHEERLEADERS, CETC OFFERS SPECIALIZED CLASSES DESIGNED SPECIFICALLY TO ACCOMMODATE FOR ADVANCED STANDING TUMBLING. IN THESE CLASSES, ATHLETES WILL LEARN THE PROPER TECHNIQUE FOR STANDING BACK TUCKS AS WELL AS JUMP COMBINATIONS INCORPORATED INTO BACK TUCKS. FOR THOSE ATHLETES PREPARED TO TAKE THEIR ADVANCED TUMBLING TO THE NEXT LEVEL, STANDING FULLS WILL BE INCLUDED INTO THE TRAINING REGIMEN. THESE CLASSES HAVE PROVEN TO BE THE TRAINING GROUNDS FOR THE "SHOWCASE" SKILLS THAT MAKE CHAMPIONSHIP TEAMS!

### **PRESCHOOL FITNESS AND FUTURE STARS**

#### ***PARENT-TOT:***

THESE CLASSES ARE DESIGNED FOR 3 YEAR OLDS AND HIS/HER PARENT (S). IN THIS CLASS, CHILDREN WILL DEVELOP GROSS AS WELL AS FINE MOTOR SKILLS THROUGH GYMNASTICS-BASED ACTIVITIES AND EQUIPMENT. THE USE OF SHAPE-MATS, TUNNELS, SLIDES, AND APPARATUS DESIGNED SPECIFICALLY FOR YOUNG CHILDREN WILL MAKE FOR AN ENJOYABLE AND DEVELOPMENTAL CLASS.

#### ***KINDERGARTEN:***

THESE CLASSES ARE DESIGNED FOR 4 AND 5 YEAR OLDS, AND INCORPORATE MANY OF THE SAME ACTIVITIES AS THE PARENT-TOT CLASSES; HOWEVER, A MORE IN DEPTH APPROACH IS TAKEN TO BEGIN ACTUAL GYMNASTICS SKILLS. THE DEVELOPMENT IN THESE SKILLS WILL PROVE TO BE EXTREMELY BENEFICIAL IN THE OVERALL FITNESS OF EACH CHILD.

#### ***FUTURE STARS CLASSES:***

THESE CLASSES ARE SPECIFICALLY DESIGNED FOR 1<sup>ST</sup> THRU 4<sup>TH</sup> GRADE CHILDREN. WITH A FOCUS ON FURTHER DEVELOPMENT OF GYMNASTICS SKILLS LEARNED IN THE PRESCHOOL FITNESS PROGRAM, STUDENTS IN THESE CLASSES WILL BEGIN TO APPLY THEIR FINE MOTOR SKILLS THROUGH INTRODUCTION TO TUMBLING. IN ADDITION, ATTENTION WILL BE PLACED ON THE INCREASE OF STRENGTH THAT WILL BE NECESSARY TO SAFELY DEVELOP THE TUMBLING SKILLS TAUGHT IN THE TUMBLING PROGRAM FOR OLDER CHILDREN. THIS IS THE CLASS THAT WILL EFFECTIVELY BRIDGE THE GAP BETWEEN PRESCHOOL FITNESS AND POWER TUMBLING.