



KT Photography



**EXTREME SPIRIT ALLSTARZ  
INFORMATION  
2024-2025**



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## INTRO

### YOU BELONG HERE

We are incredibly excited to release our information packet for the upcoming 2024-25 season. We are honored that you are interested in being a part of our 13th season! We have carefully put together this information packet so that you are prepared for the upcoming season and can understand the expectations at Extreme Spirit Allstarz!

Extreme Spirit Allstarz is known as the most successful competitive cheerleading, hip hop & tumbling program in the area. For 12 years, ESA has helped build healthy, strong & confident athletes. Athletes learn about sportsmanship, working together towards a goal, and strive to be the best they can possibly be. The teamwork skills that athletes gain from our program is a valuable lifelong lesson. We do not just teach cheerleading and dance.

### EXTREME SPIRIT ALLSTARZ

encourages athletes to be the best version of themselves. Athletes learn the "ESA Way" of tumbling, competitive cheerleading, hip hop dance and will also be given lifelong skills that will help throughout their lives. The progress that our athletes make in a positive and productive environment can be amazing. A pat on the back, a high five, and positive reinforcement can go a long way.



### THE WORLD NEEDS MORE CHEER & DANCE

Today, more than ever, athletes need a place to belong, a reason to persevere and feel empowered. ESA athletes, their parents and families are invited to become a part of the ESA tradition. We are united for our athletes, to challenge their limits and beat expectations.



# EXTREME SPIRIT ALLSTARZ

BUILDING CHAMPIONS ON AND OFF THE MAT

## MEET OUR COACHING STAFF

Our coaches and staff are excited to work with your child and help them to exceed their own personal expectations.

### APRIL & NEIL HOLLEMAN

Owners of Extreme Spirit Allstarz



### LAKYN HOLLEMAN

Cheerleading & Tumbling Program Director

Cheerleading Team Coach

Tumbling Coach

### GRACIE HOLLEMAN

HipHop & Tumbling Program Director

HipHop Team Coach

Tumbling Coach



### KIM CURRY

Cheerleading Team Coach

HipHop Team Coach

Tumbling Coach

### LINDSAY HILL

Cheerleading Team Coach

Tumbling Coach

### CRYSTAL JOHNSON

Cheerleading Team Coach

Tumbling Coach





2024-2025

# **NEW THIS SEASON**

- **NEW GYM THEME... EEK!**
- **New uniform year!**
- **Coming this summer is our Summer Show Team (August-November)**
- **Limited Travel Teams will now practice 2 days per week!!!**
- **Elite tuition will include 1 Tumbling Class, Flyer Flex + Jump Class**
- **We will have open gym after school every Wednesday at 4pm each week for ages 7+ (\$5 drop in only)**
- **Travel & Non-Travel HipHop Teams for all age groups**
- **Closed for longer periods of time near Holidays!**



2024-2025

# IMPORTANT DATES

**MAY 20TH-23RD**

**REGISTRATION DAYS**

**SPECIFIC SCHEDULE IN THE INFORMATION PACKET**

**JUNE 1ST**

**CHEER & HIPHOP TEAM REVEAL**

**LOCATION: STONE CENTER IN WILKESBORO**

**JUNE 10TH**

**FIRST DAY OF RECREATIONAL CLASSES &  
TEAM PRACTICES**

**JUNE 30TH-JULY 7TH**

**GYM CLOSED FOR THE 4TH OF JULY**

**JULY 11TH-17TH**

**CHEERLEADING TEAMS CHOREOGRAPHY  
DATES**



# EXTREME SPIRIT ALLSTARZ

BUILDING CHAMPIONS ON AND OFF THE MAT

## REGISTRATION DATES & INFORMATION

### REGISTRATION / TRYOUTS

PARENTS WILL COMPLETE ALL PAPER WORK & ATHLETES WILL BE EVALUATED (7+) DURING THIS TIME! REGISTRATION FEE WILL DUE.

**\*EVERYONE MAKES A TEAM\***

#### Wilkesboro Location:

- Monday, May 20th

| 2-18 YO | Recreational Classes Only | 6:00pm

| 3-6 YO | Tiny Novice Cheer | 6:00pm

| 7-19 YO | Non-Travel Cheer Teams | 7:00pm

- Tuesday, May 21st

| 7-11 YO | Travel Cheerleading Teams | 6:00pm

| 12-19 YO | Travel Cheerleading Teams | 7:30pm

- Thursday, May 23rd

| 3-6 YO | HipHop Teams | 5:30pm

| 7-19 YO | Non Travel HipHop Teams | 6:00pm

| 7-19 YO | Travel Hip Hop Teams & Worlds HipHop Team | 6:30pm

*If you are a crossover from cheerleading you **MUST** attend hip hop registration if your child is 7+ being evaluated for a **TRAVEL** team.*



#### Yadkinville Location:

- Thursday, May 23rd

| 3-6 | Recreational Classes, Cheer & Hip Hop | 6:00pm

| 7-19 | Recreational Classes, Cheer & Hip Hop | 6:45pm

# 2024-2025

## TUMBLING PROGRAMS



### TINY TUMBLING

| 2-3 YEARS OLD |



30 Min Class  1 Day per Week

**Registration:**  
\$35 / athlete

**Monthly Tuition:**  
\$45

**Class Info:**  
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### PRESCHOOL TUMBLING

| 4 - 6 YEARS OLD |



45 Min Class  1 Day per Week

**Registration:**  
\$35 / athlete

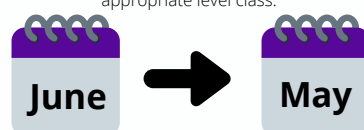
**Monthly Tuition:**  
\$55

**Class Info:**  
Page 17

### TUMBLING BY LEVEL

| 7-18 YEARS OLD |

Our staff will evaluate & place your athlete in the appropriate level class.



45 Min Class  2 Days per Week

**Registration:**  
\$35 / athlete

**Monthly Tuition:**  
\$55 - 1 Class / week  
\$70 - 2 Classes / week

**Class Info:**  
Page 18-22



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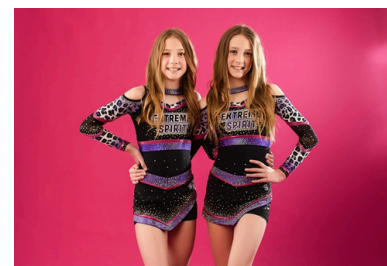




## TUMBLING CLASS INFORMATION

### WHY TAKE A CLASS AT EXTREME SPIRIT ALLSTARZ....

Our classes here at Extreme Spirit Allstarz are very structured from the start to the finish of each class. Your child's progress is very important to us. With that being said please know we must master basic skills before learning to "flip". New skills will not be taught until the correct technique of beginner skills are mastered. Each month we do a "monthly check-off" to see your athlete's progress each month. Parents can see this by logging onto their parent portal and clicking the skill tracking button!



### WHAT CLASS DOES MY CHILD FALL INTO?

Choosing a class is super easy here at ESA! Our staff are super knowledgeable and always open to talking with parents about the skill level their athletes are at.

You can view the skills athletes need to enter each class on pages 15 through 20 of this information packet.

# 2024-2025

# CHEERLEADING PROGRAMS



## TINY NOVICE CHEER

| 2017-2021 |



45 Min  
Class



1 Day per  
Week

**Registration:**

\$75 / athlete  
\$100 / family

**Monthly Tuition:**

\$50

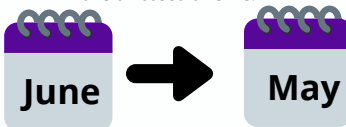
**Uniform:**

New Uniform Year - Uniforms  
will be the same for 2 seasons!  
\$250 or less

## LIMITED TRAVEL CHEER TEAM

Ages 2005-2016

Teams will compete in a either the novice or prep  
division based on skills.



1.5  
Hours /  
week



2 Days  
per Week

**Registration:**

\$75 / athlete  
\$100 / family

**Monthly Tuition:**

\$75 - Cheerleading Only  
\$115 Cheerleading & Tumbling

**Uniform:**

New Uniform Year - Uniforms  
will be the same for 2 seasons!  
\$280 or less

## TRAVEL CHEER TEAM

2006-2016

Teams will compete in a division chosen by our  
staff. This decision is based on the skills the team  
has.



3-4  
Hours /  
week



2 Days  
per Week

**Registration:**

\$75 / athlete  
\$100 / family

**Monthly Tuition:**

\$120 - 1 tumbling classes included,  
flyer flexibility + jump class

**Uniform:**

New Uniform Year - Uniforms will  
be the same for 2 seasons!  
\$485 or less



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## CHEER TEAM INFORMATION

### TEAM PLACEMENTS

**\*EVERYONE MAKES A TEAM\***

Athletes 3-6 years old will register only!  
During tryouts for our athletes 7-19 years old, we will be watching specific tumbling skills, teaching and looking at jump capability & flexibility.

After tryouts, the staff will assemble team rosters for the upcoming season. There are many things that are considered when placing athletes and forming teams. Individual skills, experience and what will potentially form the most competitive and successful team. We will reveal our team rosters at "Purple Premier" on June 1st.

### UNDERSTANDING TEAM PLACEMENTS

Placing athletes and creating successful teams is a very strategic process. Our staff will first look at the birth years of athletes to first place them on their respected Tiny, Mini, Youth, Junior or Senior division. More times than not athletes will first be placed in the youngest division they are eligible for. The next step in the process is tumbling skills, what skill level has your athlete MASTERED (not what level tumbling class they are in). Next, we take a look at stunt groups, jumps, motions, how well an athlete can remember a routine & experience.

There may be athletes on any given team that tumble at different levels than the rest of their team. Some athletes will be stronger tumblers than others, while some will contribute to stunting more than others.

We do take the previous season attendance into consideration during the team placement process as well as the athletes ability to be coached.

Creating a team is like a giant puzzle we need to make sure we all fit together perfectly. Every athlete is placed on the team were they will be the most successful.



### PRACTICES / ATTENDANCE

All teams will have a set Summer Schedule, Fall Schedule & Spring Schedule.

Summer practices are flexible with planned vacations. Please understand that team placements may be affected if your child is missing an abundance of practice days throughout our summer training.

Choreography Camp is MANDATORY. We do expect our athletes and families to make necessary adjustments to accommodate these dates.

\*Please note, we have made arrangements to close our gyms longer during holidays this season!! You can look at the ESA calendar now for those closures to plan your holiday!



# EXTREME SPIRIT ALLSTARZ

BUILDING CHAMPIONS ON AND OFF THE MAT

## COMPETITIVE CHEERLEADING TEAM AGE REQUIREMENTS

Your athletes eligibility age for the season is based off of the year your athlete was born. Many athletes will fall into more than one category, we will place them based on what we feel is the best fit for the athlete.

2024-25 Season	DIVISIONS	USASF ATHLETE BIRTH YEAR ("x" indicates eligible for that division)																				APPROX AGES	
		2004 or before	1/1/05-5/31/05	6/01/05-12/31/05	2006	1/1/07-5/31/07	6/01/07-12/31/07	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	1/1/19-5/31/19	6/1/19-12/31/19	2020		2021
<b>ELITE CLUB</b>	Senior Open (L4-5)	x	x	x	x	x																	18+
	Senior & Limited (L6)			x	x	x	x	x	x	x	x												14-19
	Senior (L1-5)			x	x	x	x	x	x	x	x	x											13-19
	Junior (L1-6)									x	x	x	x	x	x	x							9-15
	Youth (L1-5)												x	x	x	x	x						8-12
	Mini (L1-2)															x	x	x	x				7-9
	Tiny (L1)																	x	x	x	x		6-7
<b>PREP</b>	Senior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)			x	x	x	x	x	x	x	x	x	x										12-19
	Junior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)								x	x	x	x	x	x	x	x							9-15
	Youth Prep (L1.1, 2.1, 2.2, 3.1, 3.2)											x	x	x	x	x	x						8-12
	Mini Prep (L1.1, 2.1, 2.2)														x	x	x	x					7-9
	Tiny Prep (L1.1)																x	x	x	x			6-7
<b>NOVICE</b>	Senior Novice (L1-3 w/restrictions)			x	x	x	x	x	x	x	x	x	x										12-19
	Junior Novice (L1-3 w/restrictions)								x	x	x	x	x	x	x								9-15
	Youth Novice (L1-3 w/restrictions)											x	x	x	x	x	x						8-12
	Mini Novice (L1-2 w/restrictions)														x	x	x	x					7-9
	Tiny Novice (L1 w/restrictions)																x	x	x	x	x	x	4-7
<b>CheerABILITIES</b>	CheerABILITIES Elite (L2 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	6+
	CheerABILITIES Novice (L1 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	6+
	CheerABILITIES Exhibition (L2 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	6+
	CheerABILITIES Unified Open Exhibition	x	x	x	x	x																	18+
	CheerABILITIES Unified Junior Exhibition						x	x	x	x	x	x	x	x									10-17
	CheerABILITIES Unified Youth Exhibition											x	x	x	x	x	x	x	x				5-12
<b>ELITE INTERNATIONAL</b>	International Open (L6-7, 7NT)	x	x	x	x	x																	18+
	International U18 (L1-4, 6NT)				x	x	x	x	x	x													14-18
	International U16 (L1-4)								x	x	x	x	x	x									12-16

**THIS IS AN EARLY RELEASE & MAY CHANGE BY REGISTRATION / TRYOUTS!**

# 2024-2025

## COMPETITIVE HIPHOP PROGRAMS



### TINY HIP HOP

2016-2021

Teams will compete in either the novice or prep division based on skills.



30 Min Class  1 Day per Week

**Registration:**

\$75 / athlete  
\$100 / family

**Monthly Tuition:**

\$50  
\$30 - Crossover from cheer

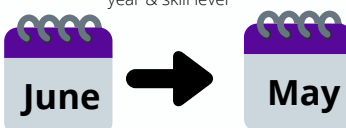
**Uniform:**

\$100 or less

### NON-TRAVEL HIPHOP TEAMS

2006-2016

Teams will compete in division based on their birth year & skill level



45 Min Class  1 Day per Week

**Registration:**

\$75 / athlete  
\$100 / family

**Monthly Tuition:**

\$60  
\$30 - Crossover from cheer

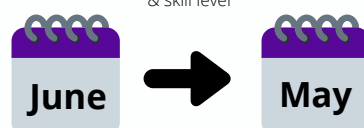
**Uniform:**

\$130 or less

### TRAVEL HIPHOP TEAMS

|2006-2016|

Teams will compete in divisions based on their age & skill level



60 Min Class  1 Days per Week

**Registration:**

\$75 / athlete  
\$100 / family

**Monthly Tuition:**

\$100  
\$30 - crossover to Youth & Junior HH  
\$50 - crossover to Elite HH

**Uniform:**

\$200 or less



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## COMPETITIVE HIP-HOP DANCE TEAMS

### TEAM PLACEMENTS

**"EVERYONE MAKES A TEAM"**

Tiny HipHop (3-6 year olds) & Non-Travel HipHop athletes (7-19 year olds) athletes will register only, no tryout necessary!

Our Travel HipHop (7-19 year olds) & Senior Worlds HipHop (2005-2012) athletes will be evaluated at the time of registration.

### UNDERSTANDING TEAM PLACEMENTS

Placing athletes and creating successful teams is a very strategic process. Our staff will first look at the birth years of athletes to first place them on their respected Tiny, Mini, Youth, Junior or Senior division.

The next step in the process is looking at each dancers technique, ability to perform, trick skills & experience.

We do take the previous season attendance into consideration during the team placement process as well as the athletes ability to be coached.

Creating a team is like a giant puzzle we need to make sure we all fit together perfectly. Every athlete is placed on the team were they will be the most successful.



### TRAVEL HIPHOP TEAMS

**NEW THIS SEASON!**

Travel HipHop Team will compete 1-2x more than our non-travel teams & will compete for a bid for the The One Finals in Orlando, FL!

### SENIOR WORLDS TEAM

This team will compete 1-2x more times than our non-travel teams & compete for a bid to The World Championship in Orlando, FL. If the team does not receive a bid, we will accept bids to The One Finals in Orlando, FL

This team will be filled with athletes who are hand selected by our staff. Everyone will not make this team, however, all athletes must be willing to compete on one of our travel or non-travel hiphop teams to advance their skill level.



## COMPETITIVE HIPHOP TEAM AGE REQUIREMENTS

Your athletes eligibility age for the season is based off of the year your athlete was born. Many athletes will fall into more than one category, we will place them based on what we feel is the best fit for the athlete.

2024-2025 SEASON	DIVISIONS	APPROXIMATE AGES	USASF BIRTH YEAR (X indicates eligibility for the division)																		
			2004 or Before	01/01/2005-05/31/2005	06/01/2005-12/31/2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021
<b>ALL TIERS</b>																					
	Open	16+	X	X	X	X	X	X	X												
	Senior	13-19			X	X	X	X	X	X	X	X									
	Junior	11-16						X	X	X	X	X	X								
	Youth	9-13									X	X	X	X	X						
	Mini	6-10											X	X	X	X	X	X	X		
	Tiny	5-7															X	X	X	X	
	Tiny Novice	4-7															X	X	X	X	X
<b>DanceABILITIES</b>																					
	All	6+	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X		

THIS IS AN EARLY RELEASE & MAY CHANGE BY REGISTRATION / TRYOUTS!



**TUMBLING CLASSES TEACH MORE MORE THAN JUST “FLIPPING”. TUMBLING BUILDS STRENGTH, COORDINATION & BALANCE!  
ALL TUMBLING CLASSES WILL INCLUDE A WARM-UP, DRILLS & SKILL STATIONS + SPOTTING BY OUR STAFF WHEN NEEDED.**

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**TINY TUMBLING CLASS:**

**THIS CLASS WILL FOCUS ON TAKING TURNS, FOLLOWING INSTRUCTION FROM A COACH, VERY BEGINNER TUMBLING SKILLS + INTERACTION WITH OTHER ATHLETES IN OUR CLASS.**

**SKILLS:**

- BUNNY HOPS
- JUMP FOR DISTANCE
- FORWARD ROLLS
- BACKWARD ROLLS
- TUMBLING LUNGES
- BALANCE

**PRESCHOOL TUMBLING CLASS:**

**THIS CLASS WILL FOCUS ON TAKING TURNS, FOLLOWING INSTRUCTION FROM A COACH, VERY BEGINNER TUMBLING SKILLS**

**SKILLS:**

- ALL SKILLS FROM TINY TUMBLING CLASS
- PUSHING UP TO A BACKBEND
- BACKBEND + LEG LIFT
- POWER HURDLE HOLD
- BRIDGE WALK (1/2 PANEL)
- CARTWHEEL
- HANDSTAND
- FALL TO BACKBEND





**TUMBLING CLASSES TEACH MORE MORE THAN JUST "FLIPPING". TUMBLING BUILDS STRENGTH, COORDINATION & BALANCE!**

**ALL TUMBLING CLASSES WILL INCLUDE A WARM-UP, DRILLS & SKILL STATIONS + SPOTTING BY OUR STAFF WHEN NEEDED.**

**WE TAKE TECHNIQUE VERY SERIOUS WHEN IT COMES TO MOVING ON TO A NEW SKILL OR LEVEL. YOUR ATHLETE WILL REMAIN WORKING ON A SKILL UNTIL IT IS 100% MASTERED.**

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## **LEVEL 1 TUMBLING CLASS:**

**BEGINNER -- > ALL SKILLS FROM TINY & PRESCHOOL TUMBLING**

## **INTERMEDIATE:**

- **OPPOSITE SIDE CARTWHEEL**
- **BRIDGE KICKOVER**
- **HANDSTAND FALL TO A BRIDGE**
- **HANDSTAND FORWARD ROLL**
- **CARTWHEEL BACKWARD ROLL**

## **ADVANCED:**

- **BACKWALKOVER**
- **FRONT WALKOVER**
- **CARTWHEEL CONNECTED BACK WALKOVER (NO PAUSING)**
- **FRONT WALKOVER CONNECTED CARTWHEEL (NO PAUSING)**
- **STANDING 2 BACK WALKOVERS**
- **CARTWHEEL CONNECTED 2 BACK WALKOVERS (NO PAUSING)**
- **SWITCH LEG BACK WALKOVER**
- **STANDING 3 BACK WALKOVERS (NO PAUSING)**
- **FRONT WALKOVER CONNECTED CARTWHEEL BACK WALKOVER**
- **FRONT WALKOVER CONNECTED CARTWHEEL 2 BACK WALKOVER**
- **2 FRONT WALKOVERS**



# EXTREME SPIRIT ALLSTARZ TEAM TUMBLING REQUIREMENTS

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**TUMBLING CLASSES TEACH MORE MORE THAN JUST "FLIPPING". TUMBLING BUILDS STRENGTH, COORDINATION & BALANCE!**

**ALL TUMBLING CLASSES WILL INCLUDE A WARM-UP, DRILLS & SKILL STATIONS + SPOTTING BY OUR STAFF WHEN NEEDED.**

**WE TAKE TECHNIQUE VERY SERIOUS WHEN IT COMES TO MOVING ON TO A NEW SKILL OR LEVEL. YOUR ATHLETE WILL REMAIN WORKING ON A SKILL UNTIL IT IS 100% MASTERED.**

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## **LEVEL 2 TUMBLING CLASS**

**ALL SKILLS FROM THE PREVIOUS CLASSES SHOULD BE 100% MASTERED BEFORE LEVEL 2 CLASS.**

### **BEGINNER:**

- **HANDSTAND SNAP DOWN**
- **HANDSTAND BLOCK**
- **ROUND OFF REBOUND**
- **FWO CONNECTED ROUND OFF REBOUND**
- **BACK EXTENSION ROLL**

### **STANDING:**

- **BACK HANDSPRING DOWN WEDGE MAT**
- **BACK HANDSPRING REBOUND**
- **BACK HANDSPRING UP THE WEDGE**
- **BACK EXTENSION ROLL - BHS**
- **BACK HANDSPRING STEPOUT**
- **BWO - BACK HANDSPRING**
- **BHS STEPOUT - BWO - BHS**
- **BWO SWITCH LEG - BHS**

### **RUNNING TUMBLING:**

- **ROUND OFF BHS**
- **CARTWHEEL BHS**
- **FWO - ROUND OFF - BHS**
- **CARTWHEEL 2 BHS**
- **ROUND OFF 2 BHS**
- **FWO - ROUND OFF - 2 BHS**
- **CW - BHS STEPOUT - BWO - BHS**
- **ROUND OFF - BHS STEPOUT - BWO - BHS**
- **ROUND OFF 2 BHS**
- **FRONT HANDSPRING**
- **COMBINATION PASSES**



# EXTREME SPIRIT ALLSTARZ TEAM TUMBLING REQUIREMENTS

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**TUMBLING CLASSES TEACH MORE MORE THAN JUST "FLIPPING". TUMBLING BUILDS STRENGTH, COORDINATION & BALANCE!**

**ALL TUMBLING CLASSES WILL INCLUDE A WARM-UP, DRILLS & SKILL STATIONS + SPOTTING BY OUR STAFF WHEN NEEDED.**

**WE TAKE TECHNIQUE VERY SERIOUS WHEN IT COMES TO MOVING ON TO A NEW SKILL OR LEVEL. YOUR ATHLETE WILL REMAIN WORKING ON A SKILL UNTIL IT IS 100% MASTERED.**

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## **LEVEL 3 TUMBLING CLASS**

**ALL SKILLS FROM THE PREVIOUS CLASSES SHOULD BE 100% MASTERED BEFORE LEVEL 3 CLASS.**

### **BASIC:**

- **ROUNDOFF CLAP TUCK JUMP**
- **ROUNDOFF TUCK BARRELL DRILL**
- **ROUNDOFF TUCK (TUMBLE TRACK)**
- **ROUNDOFF TUCK W/ SPOT**

### **BEGINNER:**

- **2 BHS**
- **ROUNDOFF TUCK**
- **BHS - BHS STEPOUT**
- **AERIAL**
- **TOE TOUCH BACK HANDSPRING**

### **STANDING:**

- **3 BHS**
- **TT 2 BHS**
- **BHS - TT - BHS**
- **BWO - 2 BHS**
- **STEPOUT 2 BHS**
- **BHS - TT - 2 BHS**

### **RUNNING TUMBLING:**

- **ROUNDOFF BHS TUCK**
- **AERIAL - RO TUCK**
- **PUNCH FRONT**
- **FWO - ROUNDOFF - TUCK**
- **PF - RO TUCK**
- **ROUNDOFF 2 BHS TUCK**
- **FWO - ROUNDOFF - BHS - TUCK**
- **FRONT WALKOVER - AERIAL**
- **ROUNDOFF BHS (1/2 TURN) ROUNDOFF BHS TUCK**
- **FWO ROUND 2 BHS TUCK**



# EXTREME SPIRIT ALLSTARZ TEAM TUMBLING REQUIREMENTS

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**TUMBLING CLASSES TEACH MORE MORE THAN JUST "FLIPPING". TUMBLING BUILDS STRENGTH, COORDINATION & BALANCE!**

**ALL TUMBLING CLASSES WILL INCLUDE A WARM-UP, DRILLS & SKILL STATIONS + SPOTTING BY OUR STAFF WHEN NEEDED.**

**WE TAKE TECHNIQUE VERY SERIOUS WHEN IT COMES TO MOVING ON TO A NEW SKILL OR LEVEL. YOUR ATHLETE WILL REMAIN WORKING ON A SKILL UNTIL IT IS 100% MASTERED.**

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## **LEVEL 4 TUMBLING CLASS**

**ALL SKILLS FROM THE PREVIOUS CLASSES SHOULD BE 100% MASTERED BEFORE LEVEL 4 CLASS.**

### **BASIC:**

- **STANDING TUCK ON BARREL**
- **STANDING TUCK ON TUMBLE TRACK**
- **STANDING TUCK ON WEDGE MAT**
- **STANDING TUCK WITH SPOT**

### **STANDING:**

- **STANDING TUCK**
- **2 BHS TUCK**
- **TT 2 BHS TUCK**
- **BWO TUCK**
- **EXTENSION ROLL TUCK**
- **BHS TUCK**
- **TT BHS TUCK**
- **BHS STEPOUT TUCK**
- **TT STEPOUT TUCK**

### **RUNNING TUMBLING:**

- **RONDOFF BHS LAYOUT**
- **PUNCHFRONT STEPOUT - RONDOFF REBOUND**
- **FWO RONDOFF BHS LAYOUT**
- **PF STEPOUT RO BHS LAYOUT**
- **RONDOFF 2 BHS LAYOUT**
- **FWO RONDOFF 2 BHS LAYOUT**
- **FRONT HANDSPRING - PUNCH FRONT**
- **RO WHIP BHS TUCK**
- **RO WHIP TUCK**
- **PF STEPOUT RO WHIP BHS TUCK**
- **COMBINATION PASS**



# EXTREME SPIRIT ALLSTARZ TEAM TUMBLING REQUIREMENTS

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**TUMBLING CLASSES TEACH MORE MORE THAN JUST "FLIPPING". TUMBLING BUILDS STRENGTH, COORDINATION & BALANCE!**

**ALL TUMBLING CLASSES WILL INCLUDE A WARM-UP, DRILLS & SKILL STATIONS + SPOTTING BY OUR STAFF WHEN NEEDED.**

**WE TAKE TECHNIQUE VERY SERIOUS WHEN IT COMES TO MOVING ON TO A NEW SKILL OR LEVEL. YOUR ATHLETE WILL REMAIN WORKING ON A SKILL UNTIL IT IS 100% MASTERED.**

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## **LEVEL 5 TUMBLING CLASS**

**ALL SKILLS FROM THE PREVIOUS CLASSES SHOULD BE 100% MASTERED BEFORE LEVEL 5 CLASS.**

### **STANDING:**

- **TOE TOUCH TUCK**
- **2 BHS LAYOUT**
- **2 BHS WHIP TUCK**
- **BHS WHIP 2 BHS LAYOUT**

### **RUNNING TUMBLING:**

- **ROUND OFF BHS FULL**
  - **RO 2 BHS FULL**
  - **FWO RO BHS FULL**
  - **ROUND OFF ARABIAN**
  - **PF STEPOUT RO BHS FULL**
  - **FHS - PF STEPOUT - RO BHS FULL**
  - **ROUND OFF WHIP FULL**
  - **PF STEPOUT ROUND OFF WHIP FULL**
  - **FHS - PF STEPOUT ROUND OFF WHIP FULL**
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## **LEVEL 6 TUMBLING PASSES:**

### **STANDING:**

**ALL STANDING PASSES TO FULLS + DOUBLES**

### **RUNNING:**

**ALL RUNNING PASSES TO DOUBLES**