

# CHAMPION CHEER CLASS DESCRIPTIONS

- **Tots (Ages 3-4)** - Athletes learn developmental tumbling skills, which increase balance, develop coordination and teach positive learning attitudes. This is a great foundation for girls and boys who want to explore the sport of tumbling while developing skills that will benefit all of their future athletic activities! There are no prerequisites for this class.
- **Youth Beginner (Ages 5-8)** - *Prerequisites:* None. In this class athletes will work on handstands, cartwheels, round offs and back walk overs. Forward and backward rolls will be incorporated. This is the perfect class to start learning how to tumble!
- **Beginner (Ages 9 & Up)** - *Prerequisites:* None. In this class athletes will work on handstands, cartwheels, round offs and back walk overs. Forward and backward rolls will be incorporated. This is the perfect class to start learning how to tumble!
- **Level 1** - *Prerequisites:* handstand, cartwheel, round off and back walkover. Athletes will work on front walkovers, back walkover series, cartwheel back walkovers, back handsprings and round off back handsprings.
- **Level 2** - *Prerequisites:* back handspring and round off back handspring. In this class, athletes will work on back walkover back handspring, standing back handspring series, jump back handspring, round off series, level 2 variations to back handsprings (such as front handspring to round off back handspring or back handspring step-out to round off back handspring, etc..), and round off back handspring back tucks.
- **Level 3** - *Prerequisites:* standing back handspring series, jump back handspring and round off back handspring back tuck. Athletes will work on standing back tucks, standing one or two back handspring(s) back tuck, level 3 variations to back tucks and round off back handspring layouts (such as punch front, pause, round off back handspring back tuck; aerial, pause, round off back handspring back tuck; etc..). Jumps into all standing back handspring passes will also be incorporated.
- **Level 4** - *Prerequisites:* standing back tuck, standing one or two back handspring(s) back tuck, and a running layout. Athletes will work on skills such as jumps to standing backs, jumps to two back handsprings back tuck, standing two back handsprings to layout, level 4 variations to layouts and running fulls.
- **Level 5** - *Prerequisites:* toe touch back tuck, standing two back handsprings to layout, and a running full. Athletes will work on standing fulls, jumps to standing fulls, jumps to two back handsprings full, standing variations to fulls, standing two back handsprings to full, standing two back handsprings to double, running doubles and running variations to fulls and doubles.
- **Jumps** - Want to have jumps that stand out from the crowd? This class offers repetition, conditioning and tips to improve the overall strength, speed and height of your jumps!
- **iFly** - The iFly class is for anyone who wants to fly and get air time! This class will work on progressing the athlete's flexibility, body positions and overall confidence in the air.
- **Co-ed Stunt (Ages 8 & Up)** - This class focuses on air time with one-man stunting for the entire hour. Each athlete will work drills to enhance flexibility and flying skills when other athletes are in the air. To achieve maximum air time, this class will be kept small with a ratio of 8 athletes to 1 coach.