

# Cheer Athletics Omaha

## Class Descriptions

*\*Enrollment in a tumbling class does not correlate to team placement should an athlete tryout for a competitive team.*

### **Tiny/Mini Tumbling (AGES 3-5)**

*Prerequisite:* Must be potty trained

*Focus:* Intro to tumbling

*Curriculum:* forward and backward roll, handstand, cartwheel, bridge up/down, bridge kick-over, round off

### **Walkovers**

*Prerequisite:* Bridge up, handstand fall to bridge up

*Focus:* Back walkover, front walkover, combination of skills

*Curriculum:* Drills to aid in mastering a back walkover and front walkover, valdez work, and combination of skills

### **Handsprings**

*Prerequisite:* Back and front walkover

*Focus:* Back handspring and front handspring

*Curriculum:* Drills to aid in mastering back handspring and front handspring, round off connections

### **Just Tucks**

*Prerequisites:* Back handspring, front handspring, connection passes

*Focus:* Back tucks and front tucks, combination skills

*Curriculum:* drills for mastering standing back tuck, back handspring back tuck, round off back handspring back tuck, and front tuck, and combination skills

### **Layouts and Fulls**

*Prerequisite:* Back/Front handsprings, back tuck, combination skills involving round off, handsprings, and tucks

*Focus:* Layouts, fulls, and whip connections

*Curriculum:* drills for mastering layouts, fulls and whip connections

### **Jumps**

*No prerequisites*

*Focus:* Improve technique, strength, flexibility and endurance

*Curriculum:* Drills to improve jump technique (height, rotation of hips, snap of legs on the way up to and down of jump, connecting multiple jumps, and connecting tumbling to jumps)

### **Stunt Class**

*No prerequisites*

*Focus:* improve technique, strength, flexibility, and endurance for both basing and flying

*Curriculum:*

### **Flyer Class**

*No prerequisites and open to all athletes*

*Focus:* improve technique, strength, and flexibility

*Curriculum:* stretches to improve flyer body positions, conditioning drills to strengthen upper/lower body and core, balancing drills to improve flyer stability

*\*\*all body positions will be pulled on the ground or stunt stand*

### **Base Class**

*No prerequisites and open to all athletes*

*Focus:* improve basing technique, strength, and knowledge

*Curriculum:* drills to correct basing technique, review of specific basing grips for certain skills, conditioning drills to strengthen upper/lower body and core

### **Lifting and Conditioning**

*No prerequisite*

*Focus:* improve strength and endurance

*Curriculum:* drills to build and strengthen upper/lower body and core

### **Homework Class**

*\$5/class*

*No prerequisite*

*Focus:* Team homework completion

*Curriculum:* Access to gym equipment and staff to give advice

### **Open Gym**

*\$10/class*

*Must have on file required signed waiver by parent/guardian*

*Ages 3+ (18+ must pass USASF background check)*

*Focus:* Work independently on their skills whether they want to master skills or work on bettering current skills

*Curriculum:* Access to gym equipment and staff to give advice



**CHEER ATHLETICS**