



Elite Tumbling

Please look over the following goals for your child's class and let us know if you have any questions we can help you answer.

Dear Parents and Tumblers,

Welcome to American Allstars Gymnastics Academy! We are very excited to have your family join our family. Our goal is to make sure that every tumbler gets the most out of their time with us, so they will be placed in skill appropriate classes. Coaches will monitor and record each tumbler's progress on a continuous basis and will determine when each tumbler is ready to learn more difficult skills.

Your child's safety is our top priority, so our coaches will teach skills using proper progressions. This requires that certain skills be mastered before moving on to more difficult ones. If you have any questions regarding your child's progress please feel free to contact the main office at **248-668-9805**.

Again, we welcome you and thank you for giving us the opportunity to teach and mentor your child during their tumbling experience.

Very Sincerely,

American Allstars Staff

www.AmericanAllstarsKids.com

Floor:

- * Press handstand
- * Handstand pirouette
- * Front handspring rebound
- * Fly spring
- * Front tuck
- * Aerial cartwheel
- * Aerial round-off (Barani)
- * Standing back handspring series
- * Standing back tuck
- * Round-off double back handspring
- * Round-off, back handspring, back tuck
- * Round-off, double back handspring, back tuck
- * Round-off, back handspring, layout

Strength and Flexibility:

- * Hollow body hold for 45 seconds
- * Arch body hold for 45 seconds
- * Push up position hold 30 seconds
- * 25 Push ups
- * 25 Double crunches and pike ups
- * Right, left, and center splits
- * Bridge hold with shoulders pushed over hands
- * 10 second handstand hold
- * 10 Shoulder shrugs and handstand snap downs
- * 20 toe raises

Jumps:

- * Pike
- * Straddle
- * Wolf
- * Split jump