American Allstars
Gymnastics Academy

AGES 6-12

TUMBLING CAMP

Campers will do a variety of drills and stations using the incline mats, barrels, trampoline and other gym equipment. Tumblers will work on appropriate skills from cartwheels to bridges and back handsprings to aerials. Flexibility and building muscles will be emphasized each day. At the end of camp on Fridays, campers will do Show & Tell. They will pick a tumbling skill they have been working on for the whole group to see. Parents are asked to arrive 15 minutes before camp pick up on Friday.

Morning camp is 9:00-12:00 and campers can be signed in starting at 8:45am.

Afternoon camp is 1:00-4:00 and campers can be signed in starting at 12:45pm and MUST be signed out no later than 4:00pm.

Groups will vary each day based on how many students are enrolled, their ages and ability levels.

Campers should prepare for their muscles to be sore from the daily tumbling activities & conditioning.

For everyone's safety, campers must follow the instructions & progressions of the coaches to remain in camp.

Tumbling camp focuses on the floor and trampoline and does not include the bars or balance beam.

BASIC AGENDA

- Warm-Up Game
- Stretching
- Rotation 1
- Rotation 2
- Break Time
- Gym Game
- Rotation 3
- Rotation 4
- Cool Down

CHECK LIST

- Leotard w/ shorts or fitted athletic clothing
- Barefeet in the gym
- Hair must be pulled up & out of face
- Water bottle w/ name
- Snack

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