

Team Trainings

1 and 2 day & 2 and 4 hour options available

PRICING IS BASED ON LOCATION AND SIZE OF TRAINING CLASS

Full Training Package includes 4 hours each day (plan for athletes to take a total of 30 minutes of break time over the 4 hours to hydrate and refuel)

- 30 min of Flexibility and Balance Training
- 30 min Jump Technique
- 30 min Motions
- 60 min Tumbling
- 90 min Stunt & Flyer Training. Includes feedback on stunt groups and positions

Tumble Training Package includes 4 hours each day. Differentiated based on skill 4 hours each day (plan for athletes to take a total of 30 minutes of break time over the 4 hours to hydrate and refuel)

- Handstands, bridges, back bends
- Cartwheel progression; 2 handed, 1 handed (arial), Aerial
- Roundoff
- Back Walkovers

Full Training Package includes: 2 hours each day (plan for athletes to take a total of 15 minutes of break time over the 2 hours to hydrate and refuel)

- 30 min Team Stretch & Jump Technique
- 30 min Motions
- 60 min Stunt & Flyer training. Includes feedback on stunt groups and positions

2 Day Tumble Training Package includes. Differentiated based on skill 2 hours each day (plan for athletes to take a total of 15 minutes of break time over the 2 hours to hydrate and refuel)

- Handstands, bridges, back bends
- Cartwheel progression; 2 handed, 1 handed (arial), Aerial

Stunt & Flyer training includes 2 hours: feedback on stunt groups and positions

Routine & Stunt Support & Feedback. includes 2 hours: We will observe your routine and provide suggestions for improvement.

1 day Team Training

PRICING IS BASED ON LOCATION AND SIZE OF TRAINING CLASS

Trainings do not guarantee individual athlete progression

Full Training Package includes 4 hours (plan for athletes to take a total of 30 minutes of break time over the 4 hours to hydrate and refuel)

- 30 min of flexibility and balance training
- 30 min Jump Technique
- 30 min Motions
- 60 min Tumbling
- 90 min Stunt & Flyer training. Includes feedback on stunt groups and positions

Tumble Training Package includes 4 hours. Differentiated based on skill 4 hours each day (plan for athletes to take a total of 30 minutes of break time over the 4 hours to hydrate and refuel)

- Handstands, bridges, back bends
- Cartwheel progression; 2 handed, 1 handed (arial), Aerial
- Roundoff
- Back Walkovers

Full Training Package includes 2 hours (plan for athletes to take a total of 15 minutes of break time over the 2 hours to hydrate and refuel)

- 30 min Team Stretch & Jump Technique
- 30 min Motions
- 60 min Stunt & Flyer training. Includes feedback on stunt groups and positions

Tumble Training Package includes 2 hours (plan for athletes to take a total of 15 minutes of break time over the 2 hours to hydrate and refuel)

- Handstands, bridges, back bends
- Cartwheel progression; 2 handed, 1 handed (arial), Aerial

Stunt & Flyer training includes 2 hours: feedback on stunt groups and positions

Routine & Stunt Support & Feedback. includes 2 hours: We will observe your routine and provide suggestions for improvement.

Coach Training

PRICING IS BASED ON LOCATION AND SIZE OF TRAINING CLASS

Trainings do not guarantee individual participants progression

Full Training Package includes 4 hours (plan for coaches to take a total of 30 minutes of break time over the 4 hours to hydrate and refuel)

- 30 minutes: Positive Coaching Techniques
- 30 min: Flexibility Training including team stretching routines
- 30 min Motions
- 30 min Jump Technique
- 60 min Tumbling Training: Proper technique and spotting
- 60 min Stunt & Flyer training. Overview of positions, proper body alignment, and techniques. Coaches should be prepared to actively participate as stunt groups

Training Package includes 2 hours (plan for coaches to take a total of 15 minutes of break time over the 4 hours to hydrate and refuel)

- 30 min: Flexibility Training including team stretching routines
- 30 min Motions
- 60 min Jump Technique

Stunt Training 4 hours (plan for coaches to take a total of 30 minutes of break time over the 2 hours to hydrate and refuel)

- 15 min Safety Overview
- 15 min Importance of each position and how to maintain a positive stunt team environment

The following will learn the importance of each position & proper technique

- 30 min It all about our bases
- 30 min Importance of back spots & front spots
- 30 min Flyer Training
- 30 min Mount & Dismount
- 30 min How to create stunt groups
- 60 min Pulling it all together

Modified 2 hour training available at request
