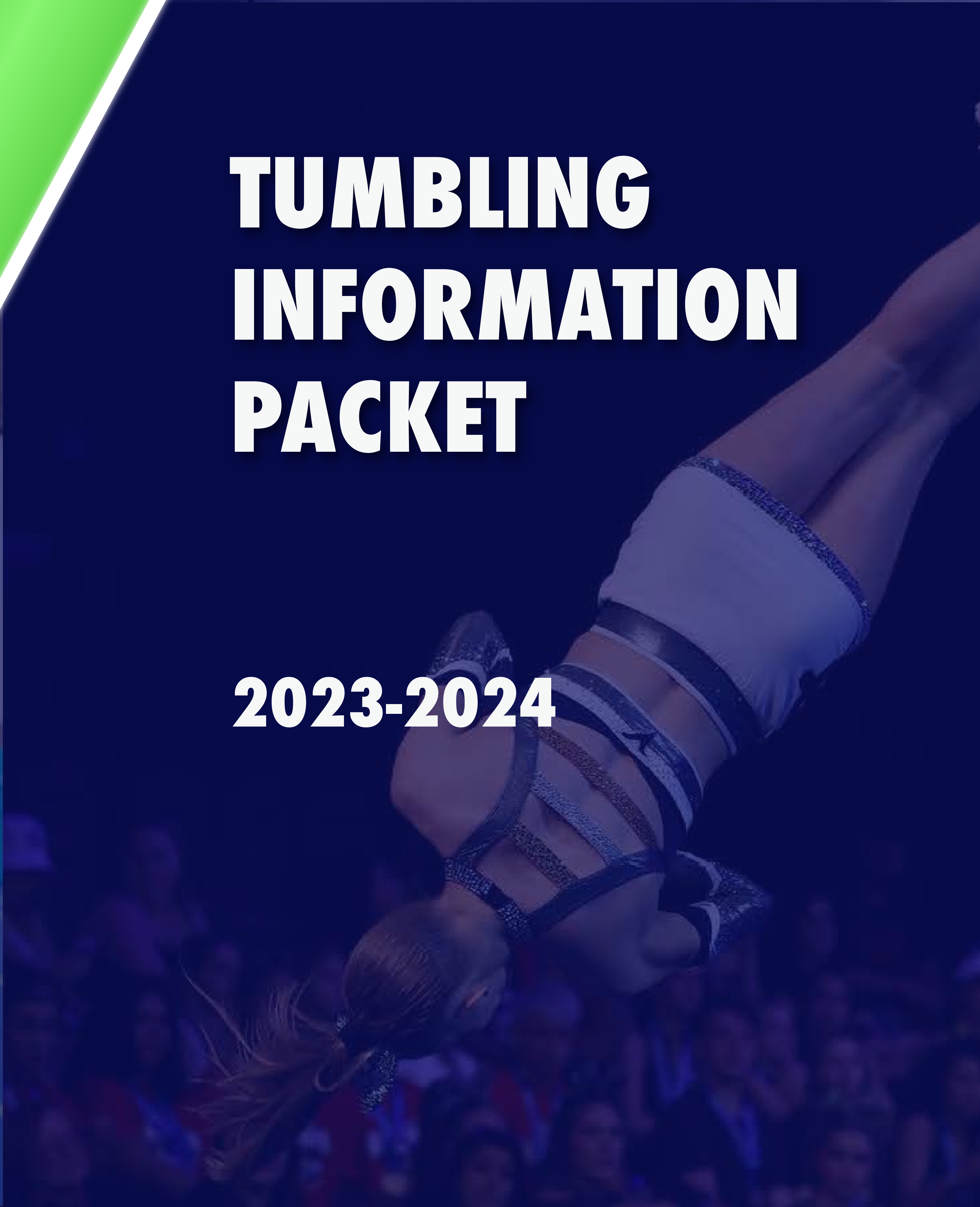




TUMBLING INFORMATION PACKET

2023-2024





PRESCHOOL TUMBLING (Ages 18 months -5 years)

We encourage children ages 18 months – 5 years old to join our Preschool Tumbling Program to train the progressions of tumbling as a young athlete. Each class is geared towards developing motor skills and teaching your child the building blocks of tumbling, and training in a safe environment – all while having fun!



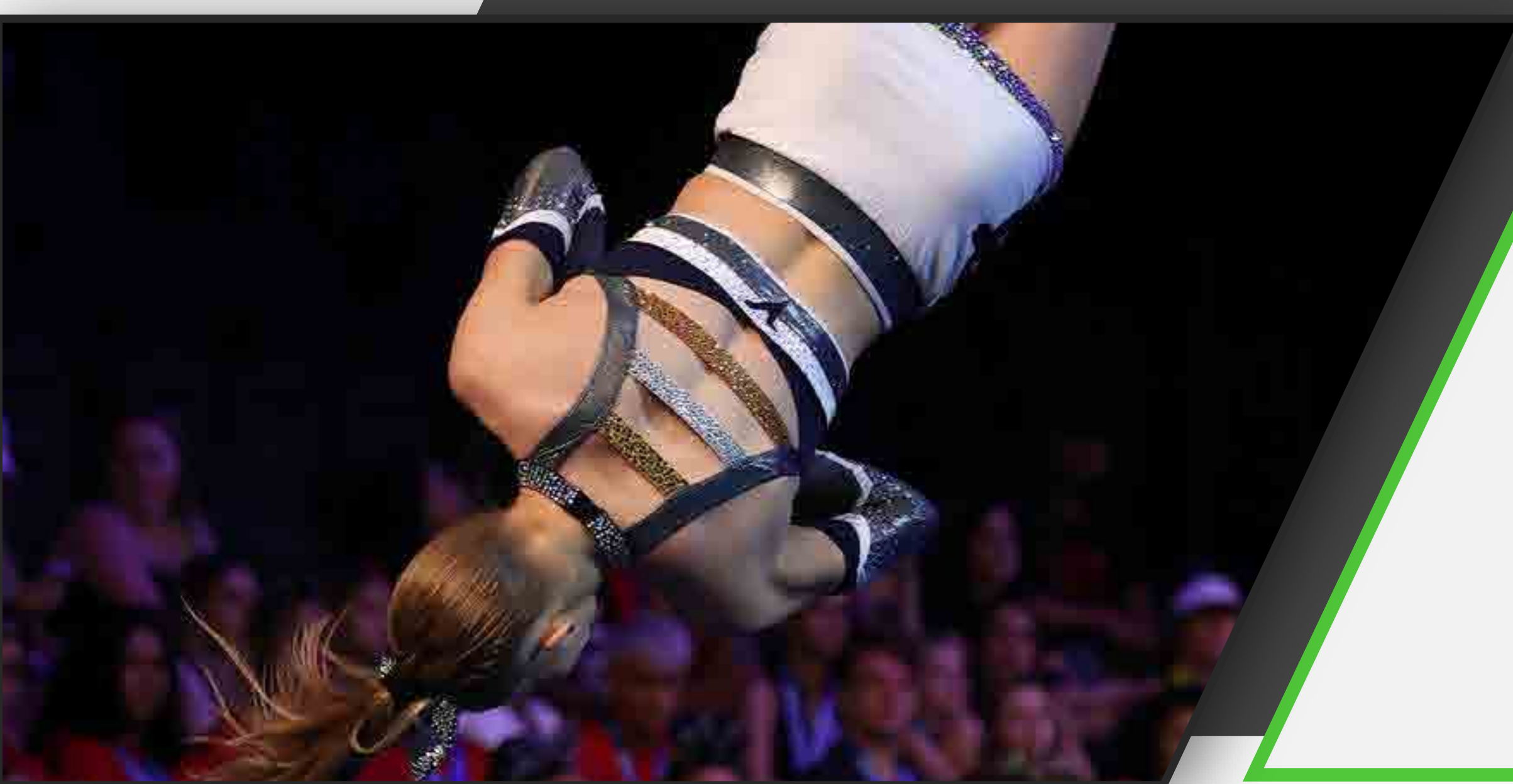
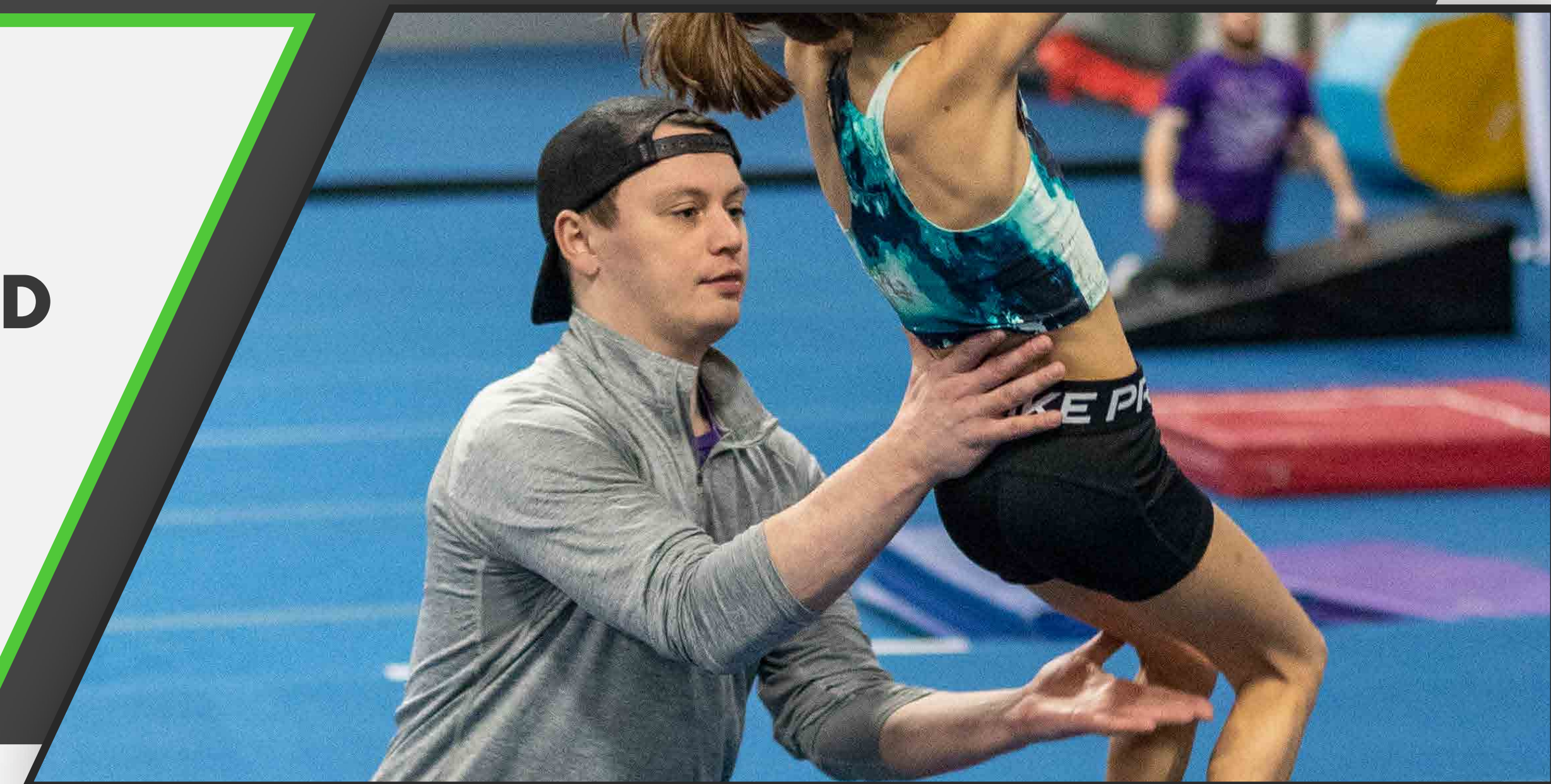
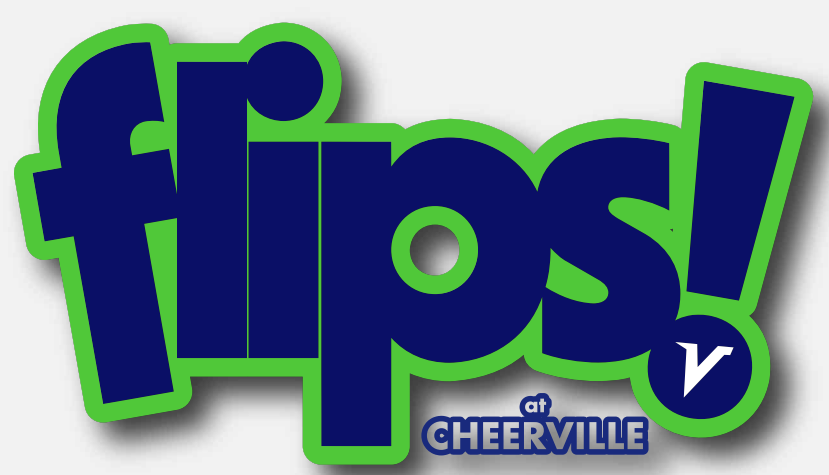
FUNDAMENTALS CLASS (Ages 6+)

This class is structured to meet the needs of athletes discovering their love for tumbling! With little to no experience needed, athletes will focus on the shapes and basics to build a strong foundation of skills. Each class includes a warm up, trampoline time, and drills. These stations are uniquely created for skill shaping, muscle activation, and building confidence. | This class is available to Flips! athletes & All-Stars.

FLIPS! TUMBLING PROGRAM (Ages 6+)

FUNDAMENTALS, BEGINNER, INTERMEDIATE, ADVANCED

Flips! is our recreational tumbling program that is designed for all athletes outside of All-Stars. Whether you are a part of a school cheerleading team, or just want to learn to flip; this is a great place to be. This program is for recreational tumbling athletes only.



ALL-STAR TUMBLING PROGRAM (AS Fundamentals, Level 1-6)

This program is exclusive to CheerVille athletes on All-Star cheer teams. Within these classes, we train proper progression of skills with an ultimate focus on skill mastery to become competitive during the All-Star season. We value technique of all skills and take pride in training the best progressions for each athlete to reach their full potential and be successful.

WHICH CLASS IS BEST FOR MY CHILD?

Class placement will be based off of skill observation in a trial class. Please schedule your trial class through the Parent Portal under "Find a Class."

**FLIPS!
PRESCHOOL TUMBLING**



**FLIPS!
FUNDAMENTALS
ALL-STAR
FUNDAMENTALS**



BEGINNER



INTERMEDIATE



ADVANCED



ALL-STAR LEVELS 1-6





TUMBLING EVALUATIONS

REPORT CARD RULES

TUMBLING ASSESSMENT PROCESS

Tumble Assessments take place every other month. These are a great way track your athlete's skill progression and receive feedback from our CheerVille Staff. If your athlete is close to leveling up to the next class, or a coach is recommending they be evaluated, please utilize the Parent Portal, and register for the next **Tumbling Assessment**. (Ohio location will complete their evaluations during class time) If you are unavailable that day/-time, you will have the option to schedule a private lesson with an authorized coach through the Setmore platform. Please visit www.cheerville.com and click on the Private Lessons tab, or click [HERE](#).

Athletes in the following classes may be evaluated bi-monthly:

- **Famous Fives, Flips! Fundamentals, AS Fundamentals, and AS Levels 1-5**

Every athlete must achieve **3 STARS** in order to "level up" and test out of their current class. After leveling up, ***all athletes are expected to maintain a mastery of the previous level skillset*** to be enrolled in their current tumbling class. Inconsistent skills may result in an athlete being moved down to refine their lower level skills.

OPTIONAL SKILLS

For All-Star Classes, athletes will have to complete all required standing and running tumbling skills, **AND** perform one of the optional skills listed for that level. The optional skill performed must achieve **3 STARS**.

Where Are Report Cards Located?

- ✓ Coaches will provide feedback under each skill for areas of improvement. To view your athlete's evaluation results:

Parent Portal ➡ Evaluations ➡ Select Class

View Skill Rating and Coach's Feedback

SKILL RATING:

- ★ **1 – Attempted.**
(skill was attempted, but did not complete correctly)
- ★★ **2 – Needs improvement.**
(technique was lacking or skill was inconsistent)
- ★★★ **3 – Mastered.**
(technique was strong, skill is consistent)

ATTENDANCE POLICY

Please make sure your athlete is attending each class they are enrolled in as attendance will be taken for all classes. All-Star athletes who miss TWO classes in a row may be removed from the class roster to allow anyone on a waitlist to join the class.

CHEERVILLE – EVALUATION SKILLS CHART

PRESCHOOL TUMBLING		FUNDAMENTALS	FLIPS! TUMBLING CLASSES		
FAMOUS FIVES		All-Star & Flips Classes	BEGINNER	INTERMEDIATE	ADVANCED
LUNGE LEVER L-STAND (with straight lines) TABLE TOP HANDSTAND FORWARD ROLL BACKWARD ROLL PUSH UP TO BRIDGE CARTWHEEL		LUNGE LEVER TABLE TOP L-STAND *HANDSTAND FORWARD ROLL BACKWARD ROLL PUSH UP TO BRIDGE WITH 3 KICKS (LEG STRAIGHT) STANDING BACKBEND (FALL TO BRIDGE) HANDSTAND HOLD - FALL TO BRIDGE CARTWHEEL *must hold handstand for 3 seconds against wall.	FORWARD ROLL BACKWARD ROLL HANDSTAND (HOLD) CARTWHEEL ROUND OFF FRONT LIMBER FRONT WALKOVER BACK WALKOVER	ROUND OFF BACK - HANDSPRING STANDING BACK HANDSPRING JUMP - BACK HANDSPRING ROUND OFF - BACK HANDSPRINGS STANDING BACK HANDSPRING SERIES (3)	ROUND OFF - TUCK ROUND OFF - BACK HANDSPRING - TUCK STANDING TUCK CARTWHEEL - TUCK ROUND OFF - BACK HANDSPRING - LAYOUT JUMP - TUCK SPECIALTY TO LAYOUT ROUND OFF - BACK HANDSPRING - FULL CARTWHEEL - FULL SPECIALTY TO FULL
MUST ACHIEVE 3 STARS ON EACH SKILL.		ALL Fundamentals must achieve 3 STARS to test out.	MUST ACHIEVE 3 STARS ON EACH SKILL.		

AS LEVEL 1		AS LEVEL 2	
STANDING	RUNNING	STANDING	RUNNING
<ul style="list-style-type: none">• HANDSTAND (HOLD)• HANDSTAND - FORWARD ROLL• FRONT LIMBER• BACK WALKOVER• BACK WALKOVER SERIES• BACK WALKOVER SWITCH LEG	<ul style="list-style-type: none">• ROUND OFF (must rebound)• FRONT WALKOVER• CARTWHEEL - BACK WALKOVER• FRONT WALKOVER SERIES• FRONT WALKOVER - CARTWHEEL - BACK WALKOVER• FRONT WALKOVER - CARTWHEEL - BACK WALKOVER SWITCH LEG	<ul style="list-style-type: none">• BACK HANDSPRING (must rebound)• BACK HANDSPRING STEPOUT• BACK WALKOVER - BACK HANDSPRING• BACK WALKOVER SWITCH LEG - BACK HANDSPRING	<ul style="list-style-type: none">• FRONT HANDSPRING• ROUND OFF - BACK HANDSPRING SERIES• FRONT WALKOVER - ROUND OFF BACK HANDSPRING <p><i>*MUST REBOUND OUT OF ALL SKILLS.</i></p>
OPTIONAL		OPTIONAL	
<p>1. BACK EXTENSION ROLL (MUST UNDERSTAND CONCEPT AND KEEP WORKING IN LEVEL 2)</p> <p>2. BACK EXTENSION ROLL - BACK WALKOVER/BACK WALKOVER SERIES</p> <p>3. VALDEZ</p>		<p>1. BACK HANDSPRING STEP OUT - BACK WALKOVER - BACK HANDSPRING</p> <p>2. BACK EXTENSION ROLL - BACK HANDSPRING/BHS STEPOUT</p>	<p>1. FLY SPRING</p> <p>2. FRONT WALKOVER - FRONT HANDSPRING</p>
MUST ACHIEVE 3 STARS ON (1) OPTIONAL SKILL.		MUST ACHIEVE 3 STARS ON (1) STANDING AND (1) RUNNING OPTIONAL SKILL.	

AS LEVEL 3		AS LEVEL 4	
STANDING	RUNNING	STANDING	RUNNING
<ul style="list-style-type: none">• JUMP - BACK HANDSPRING/BACK HANDSPRING STEP OUT• BACK HANDSPRING SERIES (3) (must rebound)• JUMP - BACK HANDSPRING SERIES (3) (must rebound)• BACK HANDSPRING STEP OUT - BACK HANDSPRING SERIES	<ul style="list-style-type: none">• POWER HURDLE - ROUND OFF - BACK HANDSPRING - TUCK• FRONT WALKOVER - ROUND OFF - BACK HANDSPRING - TUCK• PUNCH FRONT	<ul style="list-style-type: none">• STANDING TUCK• BACK HANDSPRING SERIES - TUCK• BACK HANDSPRING - TUCK• JUMP - BACK HANDSPRING/BHS SERIES - TUCK	<ul style="list-style-type: none">• ROUND OFF - BACK HANDSPRING - LAYOUT• CARTWHEEL - TUCK
OPTIONAL		*OPTIONAL	
<ol style="list-style-type: none">1. AERIAL2. FRONT WALKOVER - AERIAL3. FLY SPRING THROUGH TO TUCK4. FRONT HANDSPRING - FRONT TUCK		<ol style="list-style-type: none">1. ROUND OFF - WHIP - LAYOUT2. PUNCH FRONT STEP OUT - ROUND OFF - BACK HANDSPRING - LAYOUT3. FRONT HANDSPRING - PUNCH FRONT STEP OUT - ROUND OFF - BHS - LAYOUT <p><i>*OR ANY VARIATION WITH A PUNCH FRONT/WHIP TO A LAYOUT.</i></p>	
MUST ACHIEVE 3 STARS ON (1) OPTIONAL SKILL.		MUST ACHIEVE 3 STARS ON (1) OPTIONAL SKILL.	

AS LEVEL 5	
STANDING	RUNNING
<ul style="list-style-type: none">• JUMP - BACK TUCK• BACK HANDSPRING SERIES - LAYOUT• BACK HANDSPRING - LAYOUT	<ul style="list-style-type: none">• ROUND OFF - BACK HANDSPRING - FULL
OPTIONAL	
MUST PERFORM AT LEAST ONE SPECIALTY VARIATION TO FULL IN RUNNING AND STANDING (NOT INCLUDING A FRONT WALKOVER)	
MUST ACHIEVE 3 STARS ON (1) STANDING AND (1) RUNNING OPTIONAL SKILL.	



AS LEVEL 6	
STANDING	RUNNING
FULLS	
<ul style="list-style-type: none">• JUMP - BACK TUCK• BACK HANDSPRING SERIES - FULL• JUMP - BACK HANDSPRING SERIES - FULL• BACK HANDSPRING - WHIP - TO - FULL• BACK HANDSPRING - FULL• JUMP - BACK HANDSPRING - FULL• STANDING FULL• JUMP - FULL• BACK HANDSPRING - WHIP - FULL• JUMP - BACK HANDSPRING - WHIP - FULL	<ul style="list-style-type: none">• CARTWHEEL - FULL• ROUND OFF - BACK HANDSPRING - FULL• FRONT FULL• ROUND OFF - BACK HANDSPRING - KICK FULL• PUNCH FRONT STEP OUT - RO - BHS - FULL• ROUND OFF - WHIP - FULL• ROUND OFF - WHIP - TO - FULL• RO - ARABIAN/HALF STEP OUT - TO - FULL• RO - BHS - FULL - TO - FULL• ROUND OFF - TO - FULL - FULL• FRONT HANDSPRING - FRONT FULL
DOUBLES	
<ul style="list-style-type: none">• BACK HANDSPRING SERIES - DOUBLE• JUMP - BACK HANDSPRING SERIES - TO DOUBLE• BACK HANDSPRING SERIES - WHIP - DOUBLE• BACK HANDSPRING - WHIP - DOUBLE• JUMP - BHS SERIES - WHIP - DOUBLE• BHS SERIES - FULL/DOUBLE - WHIP - FULL/DOUBLE	<ul style="list-style-type: none">• PUNCH FRONT STEP OUT - TO - DOUBLE• ROUND OFF - WHIP - DOUBLE• ROUND OFF - ARABIAN - TO - DOUBLE• ROUND OFF - 1.5 STEP OUT - TO - DOUBLE• ROUND OFF - FULL - WHIP - DOUBLE



LEVEL 5 SKILLS MUST BE MAINTAINED AT 3 STARS IN ORDER TO REMAIN IN LEVEL 6 CLASS



FREQUENTLY ASKED QUESTIONS

DO ATHLETES MOVE DOWN?

If skills from a previous level are inconsistent, they may be moved down to the prior level to isolate and improve those skills. This decision will be at the coach's discretion to ensure the skill is corrected before training upper level tumbling skills.

HOW MANY ATTEMPTS ARE ALLOWED PER SKILL?

Athletes are allowed two attempts for each skill when being evaluated.

WHAT IF WE MISS THE TUMBLING ASSESSMENT?

If you are unavailable that day/time, you will have the option to schedule a private lesson with an authorized coach to be evaluated. Please click on the private lesson link on our website, or follow this link [HERE](#).

WHAT HAPPENS WHEN MY CHILD LEVELS UP?

Your athlete's class transfer will need to be completed through the Parent Portal ([CLICK HERE](#)). These steps include: *Access the Parent Portal > Under Student's Name, Click Enrollment > Transfer Enrollment and Select New Class.*

WHAT IF WE MISS OUR SCHEDULED TUMBLING CLASS?

As a courtesy, we offer makeup tokens for missed classes. You can use these tokens in your Parent Portal to schedule a makeup class. You are limited to 2 makeup tokens per month, however, if you miss more than two classes in one month, please consult the Parent Portal to find a class that works better for your schedule. Athletes who miss 3 classes in one month may be dropped from the class.

WHAT HAPPENS WHEN THE GYM IS CLOSED FOR A HOLIDAY?

When the gym is closed, makeup tokens will be given for all tumble, flyer, flex, and jump classes. We will remain open for all scheduled private lessons and birthday parties over the holidays. Makeup tokens for gym closures do not count towards your 2 token monthly limit.

WHAT IF MY ATHLETE IS STRUGGLING ON A SKILL?

Each month, your gym provides tumbling skill clinics that are geared towards skill-specific drills for focused training. Athletes may also schedule private lessons with an authorized coach by clicking on the private lesson link on our website, or follow this link [HERE](#).

WHO DO I DIRECT MY QUESTIONS TO?

Michelle Rogers

Accounts Manager (mrogers@cheerville.com)

Questions about invoicing and payments.

Dena Offenberger

Preschool Director (doffenberger@cheerville.com)

Owen Loeb - Bowling Green, KY

Tumbling Director (oloeb@cheerville.com)

Caleb Johnson - Gallatin, TN

Tumbling Director (cjohnson@cheerville.com)

Tyler Hendrickson - Mt. Juliet, TN

Tumbling Director (cowboy@cheerville.com)

Roman Polyachenko – Hendersonville, TN

Tumbling Director (rpolyachenko@cheerville.com)

DJ Clark - Madison, AL

Tumbling Director (dclark@cheerville.com)

Earl Lambert - North Canton, OH

Program Director (elambert@cheerville.com)

Antonio Rios - Nolensville, TN

Tumbling Director (arios@cheerville.com)

