



# The Gymnastics and Cheerleading Academy



## Cheer Tumble Program

Welcome to The Gymnastics and Cheerleading Academy. Here is an overview of what to expect with our Cheer Tumble Program for the Cherry Hill Youth Cheerleading Squad.

- Practice – Our program is designed to develop each student’s strength, flexibility, and coordination while teaching them the fundamentals and skills involved in Cheer Tumbling.
  - Exercise - We will show them the proper motions and have them go through each motion in an exercise type format to get their bodies to understand what it has to do in order to perform these skills. Each student will benefit the most if these exercises are practiced at home and at your other Cheer practices.
  - Skill Development – The program is set up to have each student go through certain skill development rotations that will help them to understand the skills their working on and to have their bodies develop for each skill.
  - Skill Performance – We have many different teaching techniques to help each student get the confidence they need to perform the skills their working on. We’ll utilize the Trampolines, Tumble Trak (this is how it’s spelled), and Spring Floors help build this confidence. The Trampolines and Tumble Trak tend to be used for the Level 2 and 3 skills.
- Out of the Gym – It’s very important to do the exercises given for the certain skills each girl is working on. We will only work with them one or two hours a week. This time is used to teach the students what they need to do and to spot them when it’s necessary. It cannot take the place of consistent exercise. The more your children focus their time on developing themselves the faster they can learn these difficult skills.
- Groups – There will be three groups, split up by levels of difficulty. These levels will be decided by our Gym and your team Coaches. Each level will have a set of skills that defines it.