

# Spring Training



## 2019 SPRING TRAINING CLASS DESCRIPTION

**A.) Open Gym:** This is where athletes can come in and work independently on any skills they are looking to work on. There will be provided instruction during the Open Gym time however there will not be specific class instruction during this time.

**B.) Tumbling Class:** Each class level is broken down by day below is a description of each level so you can determine which class session you shall attend. Along with the scheduled level class we will also have all levels classes available after level specific classes as well.

**C.) Strength and flexibility:** Athletes will attend class during the proper allocated age bracket time slot. During this class athletes will get to work on increasing their strength and flexibility while working on all of their skills for cheerleading. Focusing on total body workout to be able to execute skills safely and properly, at a high-level. We will also educate the athlete on stretch routines & habits for success.

**D.) Stunting Technique Tune-up:** Athletes shall attend the session that are designated by their appropriate age break down. During this class we will focus on mastering an athlete's Stunting technique and overall cheerleading building skills. Focusing in on proper technique training, and safety. Addressing the extreme focus on stunting in the sport. Athletes will be able to work on personal skills in a group setting of their peers, we will focus our training to create well-rounded athletes.

### LEVELS DESCRIPTION

**Level 1:** This class is for athletes working on the basic fundamentals of tumbling, and or those athletes new to the sport. In this level we will focus training on forward Rolls, handstands, Cartwheels, round offs, front walk over, back walk over, and begin drills for back handsprings.

**Level 2 & 3:** This class is for athletes that have mastered the front & ball walkovers, round offs, and are ready to begin to train back handsprings/series, and for those that are also ready to increase to a round off backhand springs/series, and round off back handsprings tucks. Training will include handsprings & tuck variations, and speciality connections in running tumbling. We will also work on standing back handsprings (with jump connection) and other standing tumbling combinations within these levels.

**Level 4 & 5:** This class is for those athletes that have mastered the round off back handspring back tuck and are ready to increase their skills to round off back handspring layout. We will also work on standing back handspring series flip (with jump connection) as well as, standing tucks and other standing tumbling combinations within these levels.

This class is also designated for athletes that have mastered Round off Back Handspring Layout and are looking to work on fulls, double fulls and specialty combinations. We will also work on jump(s) to back tucks, handsprings to full, and standing fulls.

## BUFFALO ENVY ALL STARS

**Package Prices are based off the full training sessions (8weeks) May & June**

**\*\*See class Description & Calendar for your athletes specific time & level of class.**

**All walk-ins \$10/per class**

### Monday

Technique Tune-up  
5:30-6:30: 6-under  
6:30-7:30: 7-11 years  
7:30-8:30: 12-18 up

### Tuesday

Tumbling by Level.  
5:30-6:30 Level 1  
6:30-7:30 Level 2 & 3  
7:30-8:30 Level 4 & 5

### Wednesday

Tumbling by Level.  
5:30-6:30 Level 1  
6:30-7:30 Level 2 & 3  
7:30-8:30 Level 4 & 5

### Thursday

Strength & Flexibility  
5:30-6:30: 6-under  
6:30-7:30: 7-11 years  
7:30-8:30: 12-18 up

### Friday

Open Gym 5:00-6:00  
Cheer-abilities 6:00-7:00

# SPRING TRAINING

<p><b>\$65</b> <b><u>Basic Package</u></b> 1 class per week</p>	<p><b>\$125</b> <b><u>Stunt Package</u></b> 2 stunt classes per week (Stunt Tech. &amp; Strength Flexibility)</p>	<p><b>\$125</b> <b><u>Tumbling Package</u></b> 2 Tumbling classes per week (Tuesday &amp; Wednesday)</p>	<p><b>\$135</b> <b><u>Combo Package</u></b> 2 classes per week &amp; Open Gym (Mix &amp; Match)</p>	<p><b>\$220</b> <b><u>Total Package</u></b> 1 class per day &amp; Open Gym</p>
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