

Subject Outdoor tumbling time
From Idaho Cheer <idahocheer-notifications@ses.iclasspro.com>
To: [REDACTED]
Date Yesterday at 12:25 PM

Beginning TOMORROW- Monday, April 20th We will be hosting tumbling training for our athletes in small groups in an outdoor area we are setting up at the gym. These are additional to the zoom tumbling classes we will offer, and are free for enrolled athletes to participate in. Our Zoom schedule will continue as previously scheduled.

Athletes are allowed to sign up for a maximum of 2 training sessions per week, at whatever time works best for your family. Coaches will be available to give corrections and direction, but will not be spotting at this time. Social distancing measures will be put into place to ensure our athletes remain healthy and safe.

If your athlete is experiencing any symptoms of illness, they will not be permitted to participate, please keep them home. Please ensure that your athlete is mature enough to understand and adhere to social distancing and proper hygiene measures in place. We ask that athletes bring only themselves, cheer shoes, a pair of outdoor tennis shoes and their water bottle, and do not share water bottles under any circumstance. Please leave backpacks and any unnecessary "extras" at home. At this time we are not open for parent viewing/lobby area, and athletes will not be working out inside of the gym. Cleaning measures will be in place.

We hope you find these measures agreeable and would feel safe participating with these guidelines. These are of course optional and we respect your choice to make decisions you feel are in the best interest of your family.

Sign ups are on a first come, first serve basis and each session will be limited to 10 athletes. You may

sign your athlete up at:

<https://app.iclasspro.com/parentportal/idahocheer/camp>

Please sign your athlete up by the level of skill they have MASTERED as this will be a hands off, drill based class.

Please note the difference between "having" a skill, and "skill mastery." Having skills are those that require an extensive warm up/spotter during warmup to perform, lacks in form and technique, and cannot be performed adequately during a fast paced routine.

Mastering skills are those that can be solidly performed while the athlete is tired, can be warmed up without a spotter or extensive lead up and can be performed with confidence and technique.

Level 1: Working and/or perfecting Bridge Downs, Cartwheels, Forward and Backward Rolls, Round Offs, Back Walkovers and Front Walkovers

Monday- 9:30-10:30 AM

Tuesday- 10:30-11:30 AM

Wednesday- 12:30-1:30 PM

Wednesday- 5:00-6:00 PM

Thursday- 9:30-10:30 AM

Level 2: Athletes must have mastered a Standing Back Handspring AND Round Off Back Handspring.

Monday- 10:30-11:30 AM

Monday- 1:30-2:30 PM

Tuesday- 9:30-10:30 AM

Tuesday- 2:30-3:30 PM

Wednesday- 1:30-2:30 PM

Wednesday- 4:00-5:00 PM

Thursday- 10:30-11:30 AM

Thursday- 2:30-3:30 PM

Level 3: Athletes must have mastered standing Back Handspring Series (2 or more in a row) AND a Round Off Back Handspring Back Tuck.

Monday- 11:30 AM-12:30 PM

Monday- 2:30-3:30 PM

Today 11:30 AM-12:30 PM

Wednesday- 9:30-10:30 AM

Wednesday- 2:30-3:30 PM

Thursday- 11:30 AM-12:30 PM

Thursday- 4:00-5:00 PM

Level 4: Athletes must have mastered standing Back Handspring Series (2 or more in a row) to Tuck and/or a Standing Back Tuck AND a Round Off Back Handspring Layout.

Monday- 12:30-1:30 PM

Tuesday- 1:30-2:30 PM

Tuesday- 4:00-5:00 PM

Wednesday- 10:30-11:30 AM

Thursday- 12:30-1:30 PM

Level 5-6: Athletes must have mastered a Jump to Back Tuck, Standing Back Handspring (1-2) to Layout AND a Round Off Back Handspring Full.

Monday- 4:30-5:30 PM

Tuesday- 12:30-1:30 PM

Wednesday- 11:30 AM-12:30 PM

Thursday- 1:30-2:30 PM

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