

Summer Tumbling Boot Camps

Parents, if you are looking for something fun, active, and productive this summer, our tumbling boot camps might just be the answer. Our goal is to increase each student's ability by physically and mentally challenging them in an enthusiastic, encouraging, and loving environment. We hope to sharpen the skills that they already have and train them to do skills that they have not learned yet.

Requirements

Level 1 – No Requirements

Level 2 – Must have independent round-off, must be able to do a back-handspring on a trampoline independently

Level 3 – Must have three back-handsprings on floor independently

Level 4 & 5 – Must have round-off back-handspring back tuck independently on the floor

2010 TUMBLING BOOT CAMP SCHEDULE

WEEK #1	JUNE 1 ST – JUNE 3 RD	LEVEL'S 1 & 2
WEEK #2	JUNE 7 TH – JUNE 9 TH	LEVEL'S 3 AND 4 & 5
WEEK #3	JUNE 14 TH – JUNE 16 TH	LEVEL'S 1 & 2
WEEK #4	JUNE 21 ST – JUNE 23 RD	LEVEL'S 3 AND 4 & 5
WEEK #5	JUNE 28 TH – JUNE 30 TH	LEVEL'S 1 & 2
WEEK #6	JULY 12 TH – JULY 14 TH	LEVEL'S 3 AND 4 & 5
WEEK #7	JULY 19 TH – JULY 21 ST	LEVEL'S 1 & 2
WEEK #8	JULY 26 TH – JULY 28 TH	LEVEL'S 3 AND 4 & 5
WEEK #9	AUGUST 2 ND – AUGUST 4 TH	LEVEL'S 1 & 2
WEEK #10	AUGUST 9 TH – AUGUST 11 TH	LEVEL'S 4 & 5

Details: (all camp times are 12:00pm – 3:00pm)

- Minimum Age – 5 years old
- Cost - \$ 75.00 Full Camp/All three days
- Deposit - \$25 Dollars (non refundable to reserve a spot)
- Each camp is limited to a Maximum of 12 kids
- Any camp that does not have four or more participants will be cancelled
- A full refund will be given to anyone who pre-pays for a camp that is cancelled

What are these camps designed to work on?

Level 1 – Designed to create a solid foundation of technique, flexibility, strength, motor skills, and kinetic awareness to enhance the student's ability to achieve skills in a safe and

timely manner that is fun and productive for the individual.

Level 2 – Designed to help student work on technique for their cart-wheel, round-off, back-handspring; to help improve standing tumbling and running tumbling; will learn secrets for increasing power and strength on the floor

Level 3 – Designed to help student work on technique for their multiple back-handsprings, designed to teach student how to do a back-tuck; designed to increase speed and length in tumbling.

Level 4 & 5 – Designed to help work on technique in back-handsprings; to teach how to properly exit back-handspring and enter the air for proper back-tuck, lay-out, full, double full; majority of camp will focus on lay-out and their twisting. Supplemental skills such as whips and punch front step-outs will be incorporated. This camp is also designed to work on standing skills such as multiple back-handsprings into a back-tuck, layout, or a full. Standing back-tucks will be trained as well.



JUST FLIP IT!