Welcome

Thank you for showing interest in USA Gymnastics and the Acrobatic Gymnastics Pre-team Program! A whole new world full of opportunity awaits you. You will find that as you learn more about USA Gymnastics and the Acrobatic Gymnastics Pre-team program, countless benefits, a program to aid in the retention of your current athletes, and the creation of an additional revenue stream for your club will be within your reach! Acrobatic Gymnastics is consistently making strides toward achieving more for the sport and its members.

USA Gymnastics and the Acrobatic Gymnastics program have created an easy to follow program initiative geared towards club owners, program directors, recreational managers and interested coaches to attract new kids to your gym, retain current athletes, and to help your club grow in total numbers.

The Pre-Team Program has two basic goals: to provide an easy, step-by-step program for new and/or pre-existing coaches who wish to create an athlete pipeline for current acrobats from recreational to competitive levels; and to create an additional revenue stream in a gymnastics club.

The Pre-team program will aid in the development of a new Acrobatic Gymnastics "Acro", program. Whether or not you are an existing club or constructing a program from the ground-up; the Acro Pre-team program will ensure to make it a successful start.

Get Involved

In addition to this booklet and the accompanying materials, information and resource material for the Acro Pre-team program are also available online. www.usa-gymnastics.org/acro

USA Gymnastics and the Acrobatic Gymnastics program appreciate your involvement in the Acrobatic Pre-Team/Recreational program. Your efforts toward offering a fun, safe, and healthy program to your already existing program benefits youth in a variety of ways. By starting this program, you are helping kids become more active, offer an environment for expression as well as potentially creating an additional revenue stream for your club.

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Acknowledgements

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Also, a special thank you to Zemetria Barnes and Tom Housley who have provided valuable time and assistance on this project.
Starting Your Acro Pre-team Program

The following information will help you begin planning for the Acrobatic Gymnastics Pre-Team Program.

Equipment List:
Panel mats, floor exercise, carpet bonded floor, stop watch, boom box (music), selection of music, awards (see certificate of participation)

Suggested Class Structure for 14 week Session:
1-1/2 hour acrobatic gymnastics class and 1 hour tumbling/individual class per week 1 coach to 4 or 5 pairs or trios (works best with 2 coaches with 3 to 4 groups per coach)

Suggested Fee Structure:
Example cost for pre team is as follows:

- Monthly Tuition                $93.00/month
- Additional tumbling class........ $57.00/month
- Pre-team leotard.................. $58.00
- USAG Introductory Athlete Membership $15.00/annual (due at sign-up)
General Session Overview

**Weeks 1 and 2**
- Focus on basics
- Emphasize strength training and flexibility
- Introduce tops to basic shapes and work to improve endurance in those shapes
- Tuck
- Pike
- Straddle
- Straddle press to handstand
- Practice landings
- Bases work on strength building
- Legs, arms, core
- Basic skill specific conditioning like wall-sits and handstands against a wall
- Introduce acrobatic vocabulary and terminology
- Individual skill practice – limit to a maximum of 10 minutes
- Experiment with different pairings of athletes – factors include:
  - Size
  - Weight
  - Strength
  - Personality and chemistry
  - Similar goals and ambition
- Pair and group skills should be solid enough to perform without the coach
- Warm up skills

**Weeks 3 and 4**
- Shift focus from shapes and conditioning to actual pair and trio drills and skills
- Place leotard order week 3 – if you have a local vendor, pick up a variety of sizes for sizing athletes
- Shapes are placed onto various base supports
- Thighs
- Hands
- Continue trying out different partnerships if necessary – by end of week 4 solidify partnership
- Introduce acrobatic vocabulary and terminology
- Individual skill practice – limit to a maximum of 10 minutes
- Experiment with different pairings of athletes – factors include:
  - Size
  - Weight
  - Strength
  - Personality and chemistry
  - Similar goals and ambition

**Weeks 5 and 6**
- Devote attention to learning pair/group skills and individual skills that will be used during competition
- Small sections of choreography can be incorporated with skills – dance counts in and out of skills
- Order medals and awards
- Pair and group skills should be solid enough to perform without the coach spotting (this is the time to identify whether there are skills that need to be substituted because they aren’t coming along strongly enough)
- Perfect individual skills

**Weeks 9 and 10**
- Primary focus is to learn the compulsory pair or group routine
- 1st 10-15 seconds will be mostly dance counts
- Complete the routine by using individual skills and simple dance movements. These can be moves such as forward and shoulder rolls and skipping and chase’s to follow the schematic map provided.
- Work with 3-4 pairs or groups at a time teaching the choreography
- Those that are waiting work on skill practice
- By week 9 all students should know the 1st half to 2/3 of the routine
- By end of week 10 all students should know the entire routine
- Put together a handout that includes final instructions for competition. If you wish, you can include upcoming information about a new session.

**Weeks 11 and 12**
- First part of practice time is devoted to warm-up and individual practice
- Warm up skills
- Pairs and groups take turns running through the routine (try to provide the exact space that will be used for competition since this is a competition simulation)
- Plan on each pair or group running through the routine at least 1 time each week

**Weeks 13**
- Dress rehearsal
- Leotards and medals should be received by now
- Pairs and groups run through their routines in uniform
- Medals and awards should be received by now
- Hand out final instructions for competition

**Competition**
- In advance:
  - Put together a competition order for all the pairs and groups competing
  - Plan to have someone video tape routines and have the equipment ready to go (OPTIONAL)
  - Provide judges for the competition
    - Minimum of 2 judges
    - Judges can be coaches
    - Judges should wear official attire
  - Have a basic knowledge and plan regarding deductions and penalties
  - Plan on arriving up to 1 hour before competition starts to handle any preparations
- Before beginning, athletes participate in a 20-30 minute warm-up period where they can warm-up skills and individuals as well as go through parts of choreography if necessary
- Start with an introduction and welcome to all parents and guests
- Identify your coaching staff
- Rotations should be an even number of competitors with 3 minute “touch” or warm-up periods right before each rotation
- Medals
  - All participants receive a medal
  - Athletes are called up in a ranking order to receive their medals
  - If possible, an exhibition by competitive athletes can be done as a special treat for the parents while medals are being organized for awards

**Week 14 - Fun/Awards Night**
- Coaches meet together and decide who will receive awards
- Provide some special, simple treats to share at the end of the night
- Activities are optional but can include relay races, games, learning new skills, going in the spotting belt (if you have one), etc.
- Show videos of the routines on a TV, computer monitor, etc if you choose that option
- Hand out awards – encourage all athletes in sportsmanship and team encouragement
- Basically this should be a super fun time that is had by all!

**CLASS TRAINING TIME LINE  Weeks 1 thru 4**
- 5 minutes  Cardio Warm-up
- 5 minutes  Stretching – general, splits, backbends
- 10 minutes Individual skill practice
- 30 minutes Basic drills for tops and bases
- 20 minutes Balance skill practice
- 20 minutes Dynamic skill practice

**CLASS TRAINING TIME LINE  Weeks 5 thru 8**
- 5 minutes  Cardio Warm-up
- 5 minutes  Stretching – general, splits, backbends
- 10 minutes Individual skill practice
- 10 minutes Basic drills for tops and bases
- 30 minutes Balance skill practice
- 30 minutes Dynamic skill practice

**CLASS TRAINING TIME LINE  Weeks 9 thru 12**
- 5 minutes  Cardio Warm-up
- 5 minutes  Stretching – general, splits, backbends
- 10 minutes Individual skill practice
- **Divide your athletes into 2 groups**
- 30 minutes  Group 1 practice skills
- 30 minutes  Group 2 practices skills
- 10 minutes  General conditioning or drill practice
Acrobatic gymnastics combines dance, gymnastics skills, and synchronization. Engaging choreography and brilliant attire are also a part of the sport. The competitors tell a story with their performances, all while capturing the audience’s attention with thrilling tempo and graceful balance skills. The magnificent performances could hardly be accomplished without cooperative effort and mentoring among partners.

There are five events incorporated within the acrobatic gymnastics discipline. The events are women’s pair, men’s pair, mixed pair, women’s group (3), and men’s group (4). Each pair/group performs routines featuring gymnastics tumbling skills, partner balances, and tempo skills. Balance skills highlight the athletes’ strength and flexibility through pyramids and static positions of the top and middle. Dynamic skills involve somersaulting and twisting with landings on the floor or catches by a bottom partner. Routines are performed on the same 40’ x 40’ spring floor that the artistic gymnasts use to perform floor routines.

Athletes of varying heights, weights, and body types are needed for acrobatic gymnastics. Smaller, more flexible athletes are needed as tops, while taller and stronger athletes are ideal for base positions.

ROUTINES
Each elite pair/group performs three routines, balance, tempo and combined. All exercises are choreographed and performed to music.

BALANCE EXERCISE
A balance routine consists of static balance elements, intricate pyramids, transitions between balance holds, and individual elements of flexibility, balance, and agility. In a balance routine, a pair/group is required to perform a minimum of six balance elements (minimum three pyramids for men’s and women’s groups) and four individual elements. Pair/group tops are typically in handstand, arched handstand, planche or straddle hold positions being supported by one or two hands of a partner. Some balance elements require the top to balance on a partner’s head, torso or foot.

DYNAMIC EXERCISE
Dynamic routines include skills with partner throws and pitches to catches by the base partner(s) or landings on the floor. Also included in tempo routines are individual tumbling skills. Pairs/groups must perform six elements with flight and four individual elements, two of which must be a salto. An example of an advanced dynamic skill is a salto with full twist performed from the hands of a partner back to the hands of a partner. Tops may be thrown into the air and perform double and triple saltos, some with twists, and land on the floor.

COMBINED EXERCISE
A combined routine is just that, a combination of balance and dynamic skills in one routine. Three balance elements and three dynamic elements are required in the combined exercise. Again, pairs/groups also are required to perform individual skills.

Mariah Henninger (top) Ally Kidd (middle) and Tisa Penny (base) are the 2006 Senior Women’s Group National Champions.
Clare Brunson (top) and Michael Rodrigues (base) are the 2006 World Championships Mixed Pair Bronze Medalist.
Pair Lesson Plans
GOALS
• Inform students about acrobatics basics
• Various types of individuals, difference between balance vs. dynamic, etc
• Give the students a chance to get to know and work with each other
• Determine the athletic level of the students

5 min. Cardio Warm-Up

10 min. Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

20 min. Introduction to the 4 basic types of Individual skills
- Static: a gymnastics shape that is held for 2"
  - Front attitude & Front Scale
- Flexibility: a skill that requires bending and stretching of muscles
  - Standing bridge & Lunge handstand to bridge
- Agility: a skill that requires powerful movement
  - Running Cartwheel & Running Round-off
- Choreographic: leaps, jumps and pirouettes
  - Chasse, Chasse, Jump 180° & 180° pirouette on toe

25 min. Positional Basics
- Tops:
  - Hand grip
  - Tuck, pike and straddle shapes on floor & on blocks
  - Tuck up, pike up and straddle up to handstand
  - Pencil, superman & hollow boat shapes
  - Dismount landing position, “O-I-T” Jump
- Bases:
  - Hand grip
  - Standing with feet in the “Corners of a box”
  - Proper shoulder angle and torso posture
  - Bending to absorb a catch with parallel or “Corner” stance
  - Basic “T” catch and body posture

25 min. Basic Partner Skills & Drills
- Rotate the tops so that each gets a chance to work with different base
  and you can better pair up the students later.
  - Candlestick
  - Supported pike with top's feet on bases knees, lying down
  - Shoulder stand with base on knees
  - Jump Down drill off a small block
  - Cradle catch bends and lifts

5 min. Show & Tell Acro
- With the person that each athlete worked with last, choose a partner
  skill that they learned today to show to the class
- Give them two minutes to decide which skill and practice on their
  own- help where needed
Acro-Gymnastics Pre-Team
Pair • Week 2

GOALS

- Measure all students for their competition leotard
- Make preliminary decisions about who will be best paired with each other

5 min. Cardio Warm-Up

10 min. Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

20 min. Individual Skills
- Spend about 5 minutes on each type of individual skill
- For each skill type, start with the beginner skill and then give the choice to try the intermediate and or advanced options. If possible, students should attempt all options of each type of skill
  - Static: front attitude, front scale & tuck up to headstand
  - Flexibility: standing bridge, handstand to bridge and front limber
  - Agility: running cartwheel, running round-off & running round-off 180° turn cartwheel
  - Choreographic: chasse/chasse/jump 180°, 180° pirouette on toe & 360° pirouette on toe

25 min. Balance Partner Skills & Drills
- Rotate the tops so that each athlete gets a chance to work with different base and you can better pair up the students later.
  - Shoulder Stand on knees and standing up
  - Supported pike with top’s feet on bases knees, lying down & supported tuck, lying down
  - Press to handstand on 2 knees

25 min. Dynamic Partner Skills & Drills.
- Rotate the tops so that each athlete gets a chance to work with different base and you can better pair up the students later.
  - Run, jump to catch on stomach
  - Step in to toe pitch & toe pitch balance on knees
  - Jump down drill off a block
  - Foose hold on knees and next to a block

5 min. Show & Tell Acro
- With the person that each athlete worked with last, choose a partner skill that they learned today to show to the class
- Give them two minutes to decide which skill and practice on their own- help where needed
**Acro-Gymnastics Pre-Team**

**Pair • Week 3**

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**GOALS**

- Make a final decision of who should be paired together by the end of workout

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**5 min.** Cardiac Warm-Up

**10 min.** Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

**20 min.** Individual Skills
- Spend about 5 minutes on each type of individual skill
- For each skill type, start with the beginner skill and then give the choice to try the intermediate and or advanced options. If possible, students should attempt all options of each type of skill
  - Static: front attitude, front scale & tuck up to headstand
  - Flexibility: standing bridge, handstand to bridge and front limber
  - Agility: running cartwheel, running round-off and running round-off 180° turn cartwheel
  - Choreographic: chasse/chasse/jump 180°, 180° pirouette on toe and 360° pirouette on toe

**25 min.** Balance Partner Skills & Drills
- Rotate the tops so that each gets a chance to work with different base and you can better pair up the students later.
  - Shoulder Stand on knees and standing up
  - Supported pike with top’s feet on bases knees, lying down and supported tuck, lying down
  - Press to handstand on 2 knees

**25 min.** Dynamic Partner Skills & Drills
- Rotate the tops so that each gets a chance to work with different base and you can better pair up the students later.
  - Run, jump to catch on stomach
  - Step in to toe pitch & toe pitch balance on knees
  - Jump down drill off a block
  - Foose hold on knees and next to a block

**5 min.** Conditioning: Skill Holds
- Pair up each top with a base and have balance skill or drill holding contests
- Candlestick contest, supported tuck contest, etc.
GOALS

• Now that students have a set partner for the rest of the session, each partner must get to know each other a little more:

• Name & age

• Favorites: color, food, music, movie, gymnastics skill, etc

• Favorite acro or individual skill learned so far

5 min. Cardio Warm-Up

10 min. Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

20 min. Individual Skills
- Spend about 5 minutes on each type of individual skill
- For each skill type, start with the beginner skill and then give the choice to try the intermediate and or advanced options. If possible, students should attempt all options of each type of skill
  - Static: front attitude, front scale & tuck up to headstand
  - Flexibility: standing bridge, handstand to bridge & front limber
  - Agility: running cartwheel, running round-off & running round-off 180° turn cartwheel
  - Choreographic: chasse/chasse/jump 180°, 180° pirouette on toe and 360° pirouette on toe

25 min. Balance Partner Skills & Drills
- Shoulder Stand holding or free, begin transition down to knees
- Supported pike tuck, pike and straddle lying down
- Press to handstand on 2 knees or 1 knee

25 min. Dynamic Partner Skills & Drills
- Run, jump to catch on stomach & 180° barrel roll
- Toe pitch balance and straight jump on knees, toe pitch balance standing up
- Foose straight jumps from low and high knees, foose position and base stands up (no straight jump off)

4 min. Conditioning:
- Basic strengthening exercises:
  - Tuck ups: 1-2 sets of 10 in a row
  - Arch ups: 1-2 sets of 10 in a row
  - Mountain push ups: 1-2 sets of 10 in a row
  - Nadias: 1-2 sets of 10 in a row

1 min. Before students leave, each athlete must introduce his/her partner to the rest of the class and tell everyone something interesting about that person
GOALS

• Start to determine the skill level of each pair and begin working on the appropriate partner skills

• Begin learning the pre-choreographed compulsory routine for competition, section 1

5 min. Cardio Warm-Up

10 min. Individual Stretching
  - General body stretch
  - Arm swings, ankles and wrists
  - Right and left leg splits
  - Pike, pancake and middle splits
  - Seal stretch, cat stretch, push up to bridge

15 min. Individual Skills
  - Row 1 Static skills
  - Row 2 Flexibility skills
  - Row 3 Agility skills
  - Row 4 Choreographic skills

15 min. Balance Partner Skills & Drills
  - Row 1 Shoulder stand transitions
  - Row 2 Supported top shapes
  - Row 3 Assisted presses

15 min. Dynamic Partner Skills & Drills
  - Row 1 Dynamic Catches
  - Row 2 Toe Pitches
  - Row 3 Foose skills

25 min. Choreography
  - Begin teaching section 1 of the compulsory routine. Keep your counts simplistic and under 10 to 15 seconds worth of dance (approx. 2-4 eight counts).
    - If it is a large group of students, focus on 2 or 3 pairs at a time, while the rest are working on performing individuals together with their partner (preferable under the supervision of another coach). Then switch the groups.
    - If it is a smaller group of students, they can learn the choreography all together at the same time.
    - Give the pairs a chance to learn the initial counts with the coach and then some time to practice with their partner on their own, before they come back and practice as a large group.

5 min. Conditioning:
  - Basic strengthening exercises:
    - Tuck ups: 1-2 sets of 10 in a row
    - Arch ups: 1-2 sets of 10 in a row
    - Mountain push ups: 1-2 sets of 10 in a row
    - Nadias: 1-2 sets of 10 in a row
GOALS
• Finalize the skill level of each pair and work on the appropriate skills
• Learn section 2 of the pre-choreographed compulsory routine for competition

5 min. Cardio Warm-Up

10 min. Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

15 min. Individual Skills
- Row 1 Static skills
- Row 2 Flexibility skills
- Row 3 Agility skills
- Row 4 Choreographic skills

15 min. Balance Partner Skills & Drills
- Row 1 Shoulder stand transitions
- Row 2 Supported top shapes
- Row 3 Assisted presses

15 min. Dynamic Partner Skills & Drills
- Row 1 Dynamic Catches
- Row 2 Toe Pitches
- Row 3 Foose skills

5 min. Choreography Review
- Go through last week’s choreography section.

20 min. New Choreography
- Teach section 2 of the pre-choreographed routine.

5 min. Conditioning:
- Partner strength training:
  - Partner Sit ups: 1-2 sets of 10 in a row
  - Partner Arch ups: 1-2 sets of 10 in a row
  - Partner Push ups: 1-2 sets of 10 in a row
  - Partner Squats: 1-2 sets of 10 in a row
Week 7a

Week 7b

**GOALS**

- Continue working on pair group skills with choreography or poses in to and out of each skill
- Learn section 3 of the pre-choreographed compulsory routine for competition

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**5 min.** Cardio Warm-Up

**10 min.** Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

**15 min.** Individual Skills
- Row 1 Static skills
- Row 2 Flexibility skills
- Row 3 Agility skills
- Row 4 Choreographic skills

**15 min.** Balance Partner Skills & Drills
- Row 1 Shoulder stand transitions
- Row 2 Supported top shapes
- Row 3 Assisted presses

**15 min.** Dynamic Partner Skills & Drills
- Row 1 Dynamic Catches
- Row 2 Toe Pitches
- Row 3 Foose skills

**5 min.** Choreography Review
- Go through last week’s choreography section.

**20 min.** New Choreography
- Teach section 2 of the pre-choreographed routine.

**5 min.** Conditioning:
- Partner strength training:
  - Partner Sit ups: 1-2 sets of 10 in a row
  - Partner Arch ups: 1-2 sets of 10 in a row
  - Partner Push ups: 1-2 sets of 10 in a row
  - Partner Squats: 1-2 sets of 10 in a row
**Acro-Gymnastics Pre-Team**  
**Pair • Week 8**

**GOALS**
- Continue working on pair group skills with choreography or poses in to and out of each skill
- Learn section 4 of the pre-choreographed compulsory routine for competition

5 min. ................. Cardio Warm-Up

10 min. .................. Individual Stretching  
- General body stretch  
- Arm swings, ankles and wrists  
- Right and left leg splits  
- Pike, pancake and middle splits  
- Seal stretch, cat stretch, push up to bridge

15 min. .................. Individual Skills  
- Row 1 Static skills  
- Row 2 Flexibility skills  
- Row 3 Agility skills  
- Row 4 Choreographic skills

15 min. .................. Balance Partner Skills & Drills  
- Row 1 Shoulder stand transitions  
- Row 2 Supported top shapes  
- Row 3 Assisted presses

15 min. .................. Dynamic Partner Skills & Drills  
- Row 1 Dynamic Catches  
- Row 2 Toe Pitches  
- Row 3 Foose skills

5 min. .................. Choreography Review  
- Go through last week’s choreography section.

20 min. .................. New Choreography  
- Teach section 4 of the pre-choreographed routine.

5 min. .................. Conditioning:  
- Balance Skill Hold Contests:  
  - Supported top shapes, assisted press to HS  
  - Individual static balance shapes
GOALS

- Continue working on pair group skills with choreography or poses in to and out of each skill
- Learn section 5 of the pre-choreographed compulsory routine for competition

5 min. ................... Cardio Warm-Up

10 min. .................. Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

15 min. .................. Individual Skills
- Row 1 Static skills
- Row 2 Flexibility skills
- Row 3 Agility skills
- Row 4 Choreographic skills

15 min. .................. Balance Partner Skills & Drills
- Row 1 Shoulder stand transitions
- Row 2 Supported top shapes
- Row 3 Assisted presses

15 min. .................. Dynamic Partner Skills & Drills
- Row 1 Dynamic Catches
- Row 2 Toe Pitches
- Row 3 Foose skills

5 min. ................... Choreography Review
- Go through last week’s choreography section.

20 min. .................. New Choreography
- Teach section 5 of the pre-choreographed routine.

5 min. ................... Conditioning:
- Dynamic Drills and Skills Contest:
  - Longest toe pitch balance hold
  - Cleanest dynamic catch
  - Highest toe pitch or foose
GOALS

- Continue working on pair group skills with choreography or poses in to and out of each skill
- Learn section 6 of the pre-choreographed compulsory routine for competition

5 min. Cardio Warm-Up

10 min. Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

15 min. Individual Skills
- Row 1 Static skills
- Row 2 Flexibility skills
- Row 3 Agility skills
- Row 4 Choreographic skills

15 min. Balance Partner Skills & Drills
- Row 1 Shoulder stand transitions
- Row 2 Supported top shapes
- Row 3 Assisted presses

15 min. Dynamic Partner Skills & Drills
- Row 1 Dynamic Catches
- Row 2 Toe Pitches
- Row 3 Foose skills

5 min. Choreography Review
- Go through last week’s choreography section.

20 min. New Choreography
- Teach section 6 of the pre-choreographed routine.

5 min. Conditioning:
- Basic strengthening exercises:
  - Tuck scoots: 1-2 rows
  - Swimmers: 1-2 sets of 20 in a row
  - Handstand facing the wall: 1-2 sets of 15-30 sec. each
  - Alternating lunges: 1-2 sets of 12 in a row
Acro-Gymnastics Pre-Team
Pair • Week 11

GOALS

• Continue working on pair group skills with choreography or poses in to and out of each skill
• Now that the students have learned all the choreography, they are to run full out routines

5 min. Cardio Warm-Up

10 min. Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

15 min. Individual Skills
- Row 1 Static skills
- Row 2 Flexibility skills
- Row 3 Agility skills
- Row 4 Choreographic skills

15 min. Balance Partner Skills & Drills
- Row 1 Shoulder stand transitions
- Row 2 Supported top shapes
- Row 3 Assisted presses

15 min. Dynamic Partner Skills & Drills
- Row 1 Dynamic Catches
- Row 2 Toe Pitches
- Row 3 Foose skills

10 min. Choreography Review
- Go through last week’s choreography section.
- Pick another section of counts for everyone to review (preferably a section that needs special attention)

15 min. Run Full Out Routines
- Each pair is to take turns running full out routines
- Pairs should review counts on the side or practice skills that they may need more work on, while waiting to run routines.

5 min. Conditioning:
- Basic strengthening exercises:
  - Tuck scoots: 1-2 rows
  - Swimmers: 1-2 sets of 20 in a row
  - Handstand facing the wall: 1-2 sets of 15-30 sec. each
  - Alternating lunges: 1-2 sets of 12 in a row
GOALS

- Continue working on pair group skills with choreography or poses in to and out of each skill
- Run full out routines

5 min. .................. Cardio Warm-Up

10 min. .................. Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

15 min. .................. Individual Skills
- Row 1 Static skills
- Row 2 Flexibility skills
- Row 3 Agility skills
- Row 4 Choreographic skills

15 min. .................. Balance Partner Skills & Drills
- Row 1 Shoulder stand transitions
- Row 2 Supported top shapes
- Row 3 Assisted presses

15 min. .................. Dynamic Partner Skills & Drills
- Row 1 Dynamic Catches
- Row 2 Toe Pitches
- Row 3 Foose skills

10 min. .................. Choreography Review
- Pick another section of counts for everyone to review
  (preferably a section that needs special attention)

15 min. .................. Run Full Out Routines
- Each pair is to take turns running full out routines
- Pairs should review counts on the side or practice skills
  that they may need more work on, while waiting to run routines.

5 min. .................. Conditioning:
- Basic strengthening exercises
  - Tuck scoots: 1-2 rows
  - Swimmers: 1-2 sets of 20 in a row
  - Handstand facing the wall: 1-2 sets of 15-30 sec. each
  - Alternating lunges: 1-2 sets of 12 in a row
Acro-Gymnastics Pre-Team
Pair • Week 13

GOALS
- Run through complete routines with the competition leotard and no shorts to mock what an actual competition will be like
- Discuss the schedule and any other matters pertaining to the day of competition

5 min. ................................ Cardia Warm-Up

10 min. ................................ Individual Stretching
   - General body stretch
   - Arm swings, ankles and wrists
   - Right and left leg splits
   - Pike, pancake and middle splits
   - Seal stretch, cat stretch, push up to bridge

15 min. ................................ Individual Skills
   - Row 1 Static skills
   - Row 2 Flexibility skills
   - Row 3 Agility skills
   - Row 4 Choreographic skills

15 min. ................................ Balance Partner Skills & Drills
   - Row 1 Shoulder stand transitions
   - Row 2 Supported top shapes
   - Row 3 Assisted presses

15 min. ................................ Dynamic Partner Skills & Drills
   - Row 1 Dynamic Catches
   - Row 2 Toe Pitches
   - Row 3 Foose skills

5 min. ................................ Choreography Review
   - Pick another section of counts for everyone to review
     (preferably a section that needs special attention)

20 min. ................................ Run Full Out Routines
   - Each pair is to take turns running full out routines
   - Pairs should review counts on the side or practice skills that they may need more work on, while waiting to run routines.

5 min. ................................ Conditioning:
   - Partner strength training:
     - Partner Sit ups: 1-2 sets of 10 in a row
     - Partner Arch ups: 1-2 sets of 10 in a row
     - Partner Push ups: 1-2 sets of 10 in a row
     - Partner Squats: 1-2 sets of 10 in a row
Acro-Gymnastics Pre-Team
Pair • Week 14

GOALS
- Today is “Fun Day.” The students play games, switch around partners and try different skills
- The students will watch videos of their competition and then receive awards with refreshments at the end of the night

5 min. ................. Cardio Warm-Up

10 min. .................. Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

35 min. ............... Games with Gymnastics Shapes
- Tunnel Tag
- Red light/Green light with
- Pirate Ship Game
- Relay Races
- Obstacle courses

10 min. ............... Pyramid Building Contest
- Separate students into 2 teams. Each team is to create a group acro skill with everyone participating.
- Judge each pyramid on creativity, difficulty, and execution.

20 min. ............... Watch Competition Videos
- Students can sit and watch the videos or participate in free play

10 min. ............... Awards and Refreshments
- Strongest Base, Most Flexible Top, Most Improved Acrobat, Best Sportsmanship, Best Artistic Presentation
Pair Pic-To-To-Grams
Pic-To-Grams
Pairs - Balance
Beginner

Beginner 1

Beginner 2

Beginner 3
Pic-To-Grams Pairs - Balance

Intermediate 1

Intermediate 2

Intermediate 3
Pic-To-Grams
Pairs - Balance
Advanced

Advanced 1

Advanced 2

Advanced 3
Pic-To-Grams
Pairs - Dynamic
Beginner

Beginner 1

Beginner 2

Beginner 3
Pic-To-Grams Pairs - Dynamic Intermediate

Intermediate 1

Intermediate 2

Intermediate 3
Pic-To-Grams
Pairs - Dynamic
Advance

Advanced 1

Advanced 2

Advanced 3
Trio Lesson Plans
GOALS

- Inform students about acrobatics basics
- Various types of individuals, difference between balance vs. dynamic, etc
- Give the students a chance to get to know and work with each other
- Determine the athletic level of the students

5 min. Cardio Warm-Up

10 min. Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

20 min. Introduction to the 4 basic types of Individual skills
- Static: a gymnastics shape that is held for 2”
  - Front attitude & Front Scale
- Flexibility: a skill that requires bending and stretching of muscles
  - Standing bridge & Lunge handstand to bridge
- Agility: a skill that requires powerful movement
  - Running Cartwheel & Running Round-off
- Choreographic: leaps, jumps and pirouettes
  - Chasse, Chasse, Jump 180° & 180° pirouette on toe

25 min. Positional Basics
- Tops:
  - Hand grip
  - Tuck, pike and straddle shapes on floor & on blocks
  - Tuck up, pike up and straddle up to handstand
  - Pencil, superman & hollow boat shapes
  - Dismount landing position, “O-I-T” Jump

- Bases:
  - Hand grip
  - Column pyramid
  - Dynamic catches
  - Basket pitch
  - Double toe pitch
  - Basic “T” catch and body posture

25 min. Basic Partner Skills & Drills
- Rotate the tops so that each gets a chance to work with different base and you can better pair up the students later.
  - Supported top shapes (monkey, tuck, pike, etc.)
  - Assisted handstand on knees for lunge pyramid
  - Shoulder stand with base on knees
  - Cradle catch bends and lifts
  - Jump downs and catch drills from a block

5 min. Show & Tell Acro
- With the person that each athlete worked with last, choose a partner skill that they learned today to show to the class
- Give them two minutes to decide which skill and practice on their own
- help where needed

Acro-Gymnastics Pre-Team
Trio • Week 1

Week 1
**GOALS**

- Measure all students for their competition leotard
- Make preliminary decisions about who will be best paired with each other

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**5 min.**  
Cardio Warm-Up

**10 min.**  
Individual Stretching  
- General body stretch  
- Arm swings, ankles and wrists  
- Right and left leg splits  
- Pike, pancake and middle splits  
- Seal stretch, cat stretch, push up to bridge

**20 min.**  
Individual Skills  
-Spend about 5 minutes on each type of individual skill  
-For each skill type, start with the beginner skill and then give the choice to try the intermediate and or advanced options. If possible, students should attempt all options of each type of skill  
- Static: front attitude, front scale & tuck up to headstand  
- Flexibility: standing bridge, handstand to bridge & front limber  
- Agility: running cartwheel, running round-off & running round-off 180° turn cartwheel  
- Choreographic: chasse/chasse/jump 180°, 180° pirouette on toe & 360° pirouette on toe

**25 min.**  
Balance Partner Skills & Drills  
-Rotate the tops so that each athlete gets a chance to work with different base and you can better pair up the students later.  
- Supported top shapes with bases lying down  
- Assisted handstands for lunge pyramid  
- Shoulder stands with base on knees for column pyramid

**25 min.**  
Dynamic Partner Skills & Drills,  
-Rotate the tops so that each athlete gets a chance to work with different base and you can better pair up the students later.  
- Jump down and catch drill off a block  
- Run, jump to catch on stomach, cradle pops, barrel rolls  
- Basket hold and elevator lifts on knees and standing  
- Step in to double toe, double toe balance and double toe straight jump on knees

**5 min.**  
Show & Tell Acro  
- With the person that each athlete worked with last, choose a partner skill that they learned today to show to the class  
- Give them two minutes to decide which skill and practice on their own- help where needed
# GOALS

- Make a final decision of who should be paired together by the end of the workout

## 5 min. Cardio Warm-Up

## 10 min. Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

## 20 min. Individual Skills
- Spend about 5 minutes on each type of individual skill
- For each skill type, start with the beginner skill and then give the choice to try the intermediate and/or advanced options. If possible, students should attempt all options of each type of skill
  - Static: front attitude, front scale & tuck up to headstand
  - Flexibility: standing bridge, handstand to bridge & front limber
  - Agility: running cartwheel, running round-off & running round-off 180° turn cartwheel
  - Choreographic: chasse/chasse/jump 180°, 180° pirouette on toe & 360° pirouette on toe

## 25 min. Balance Partner Skills & Drills
- Rotate the tops so that each gets a chance to work with different base and you can better pair up the students later.
  - Supported top shapes with bases lying down
  - Assisted handstands for lunge pyramid
  - Shoulder stands with base on knees for column pyramid

## 25 min. Dynamic Partner Skills & Drills
- Rotate the tops so that each gets a chance to work with different base and you can better pair up the students later.
  - Jump down and catch drill off a block
  - Run, jump to catch on stomach, cradle pops, barrel rolls
  - Basket hold and elevator lifts on knees and standing
  - Step in to double toe, double toe balance and double toe straight jump on knees

## 5 min. Conditioning: Skill Holds
- Pair up each top with a base and have balance skill or drill holding contests
- Handstand on lunge, supported tuck contest, etc.
GOALS

- Now that students have a set partner for the rest of the session, each partner must get to know each other a little more:
- Name & age
- Favorites: color, food, music, movie, gymnastics skill, etc
- Favorite acro or individual skill learned so far

5 min. .................. Cardio Warm-Up

10 min. .................. Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

20 min. .................. Individual Skills
- Spend about 5 minutes on each type of individual skill
- For each skill type, start with the beginner skill and then give the choice to try the intermediate and or advanced options. If possible, students should attempt all options of each type of skill
  - Static: front attitude, front scale & tuck up to headstand
  - Flexibility: standing bridge, handstand to bridge & front limber
  - Agility: running cartwheel, running round-off & running round-off 180° turn cartwheel
  - Choreographic: chasse/chasse/jump 180°, 180° pirouette on toe & 360° pirouette on toe

25 min. .................. Balance Partner Skills & Drills
- Supported monkey, tuck and straddle lying down
- Lunge pyramid on floor and assisted handstand on standing lunge
- Column pyramid with shoulder stand

25 min. .................. Dynamic Partner Skills & Drills
- Jump down and catch drill off a block
- Run, jump to catch on stomach & barrel rolls
- Basket straight jump off knees and drills standing up
- Double toe elevator lifts and straight jumps on knees

4 min. .................... Conditioning:
- Basic strengthening exercises:
  - Tuck ups: 1-2 sets of 10 in a row
  - Arch ups: 1-2 sets of 10 in a row
  - Mountain push ups: 1-2 sets of 10 in a row
  - Nadias: 1-2 sets of 10 in a row

1 min. .................... Before students leave, each athlete must introduce his/her partner to the rest of the class and tell everyone something interesting about that person
Acro-Gymnastics Pre-Team
Trio • Week 5

GOALS
• Start to determine the skill level of each trio and begin working on the appropriate partner skills
• Begin learning the pre-choreographed compulsory routine for competition, section 1

5 min. Cardio Warm-Up

10 min. Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, car stretch, push up to bridge

15 min. Individual Skills
- Row 1 Static skills
- Row 2 Flexibility skills
- Row 3 Agility skills
- Row 4 Choreographic skills

15 min. Balance Partner Skills & Drills
- Row 1 Supported top shapes
- Row 2 Lunge pyramid
- Row 3 Column pyramid

15 min. Dynamic Partner Skills & Drills
- Row 1 Dynamic Catches
- Row 2 Basket Pitches
- Row 3 Double toe pitches

25 min. Choreography
- Begin teaching section 1 of the compulsory routine. Keep your counts simplistic and under 10 to 15 seconds worth of dance (approx. 2-4 eight counts).
  - If it is a large group of students, focus on 2 or 3 trios at a time, while the rest are working on performing individuals together with their partner (preferable under the supervision of another coach). Then switch the groups.
  - If it is a smaller group of students, they can learn the choreography all together at the same time.
  - Give the pairs a chance to learn the initial counts with the coach and then some time to practice with their partner on their own, before they come back and practice as a large group.

5 min. Conditioning:
- Basic strengthening exercises:
  - Tuck ups: 1-2 sets of 10 in a row
  - Arch ups: 1-2 sets of 10 in a row
  - Mountain push ups: 1-2 sets of 10 in a row
  - Nadias: 1-2 sets of 10 in a row
GOALS

• Nail down the skill level of each trio and work on the appropriate skills
• Learn section 2 of the pre-choreographed compulsory routine for competition

5 min. Cardio Warm-Up

10 min. Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

15 min. Individual Skills
- Row 1 Static skills
- Row 2 Flexibility skills
- Row 3 Agility skills
- Row 4 Choreographic skills

15 min. Balance Partner Skills & Drills
- Row 1 Supported top shapes
- Row 2 Lunge pyramid
- Row 3 Column pyramid

15 min. Dynamic Partner Skills & Drills
- Row 1 Dynamic Catches
- Row 2 Basket Pitches
- Row 3 Double toe pitches

5 min. Choreography Review
- Go through last week's choreography section.

20 min. New Choreography
- Teach section 2 of the pre-choreographed routine.

5 min. Conditioning:
- Partner strength training:
  - Partner Sit ups: 1-2 sets of 10 in a row
  - Partner Arch ups: 1-2 sets of 10 in a row
  - Partner Push ups: 1-2 sets of 10 in a row
  - Partner Squats: 1-2 sets of 10 in a row
**GOALS**

- Continue working on pair group skills with choreography or poses in to and out of each skill
- Learn section 3 of the pre-choreographed compulsory routine for competition

5 min. ................. Cardio Warm-Up

10 min. ................. Individual Stretching
   - General body stretch
   - Arm swings, ankles and wrists
   - Right and left leg splits
   - Pike, pancake and middle splits
   - Seal stretch, cat stretch, push up to bridge

15 min. ................. Individual Skills
   - Row 1 Static skills
   - Row 2 Flexibility skills
   - Row 3 Agility skills
   - Row 4 Choreographic skills

15 min. ................. Balance Partner Skills & Drills
   - Row 1 Supported top shapes
   - Row 2 Lunge pyramid
   - Row 3 Column pyramid

15 min. ................. Dynamic Partner Skills & Drills
   - Row 1 Dynamic Catches
   - Row 2 Basket pitches
   - Row 3 Double toe pitches

5 min. .................. Choreography Review
   - Go through last week's choreography section.

20 min. ................. New Choreography
   - Teach section 3 of the pre-choreographed routine.

5 min. .................. Conditioning:
   - Partner strength training:
     - Partner Sit ups: 1-2 sets of 10 in a row
     - Partner Arch ups: 1-2 sets of 10 in a row
     - Partner Push ups: 1-2 sets of 10 in a row
     - Partner Squats: 1-2 sets of 10 in a row
Acro-Gymnastics Pre-Team
Trio • Week 8

GOALS
• Continue working on pair group skills with choreography or poses in to and out of each skill
• Learn section 4 of the pre-choreographed compulsory routine for competition

5 min. Cardio Warm-Up

10 min. Individual Stretching
  - General body stretch
  - Arm swings, ankles and wrists
  - Right and left leg splits
  - Pike, pancake and middle splits
  - Seal stretch, cat stretch, push up to bridge

15 min. Individual Skills
  - Row 1 Static skills
  - Row 2 Flexibility skills
  - Row 3 Agility skills
  - Row 4 Choreographic skills

15 min. Balance Partner Skills & Drills
  - Row 1 Supported top shapes
  - Row 2 Lunge pyramid
  - Row 3 Column pyramid

15 min. Dynamic Partner Skills & Drills
  - Row 1 Dynamic Catches
  - Row 2 Basket pitches
  - Row 3 Double toe pitches

5 min. Choreography Review
  - Go through last week’s choreography section.

20 min. New Choreography
  - Teach section 4 of the pre-choreographed routine.

5 min. Conditioning:
  - Balance Skill Hold Contests:
    - Supported top shapes, assisted press to HS
    - Individual static balance shapes
GOALS
• Continue working on pair group skills with choreography or poses in to and out of each skill
• Learn section 5 of the pre-choreographed compulsory routine for competition

5 min. Cardio Warm-Up

10 min. Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

15 min. Individual Skills
- Row 1 Static skills
- Row 2 Flexibility skills
- Row 3 Agility skills
- Row 4 Choreographic skills

15 min. Balance Partner Skills & Drills
- Row 1 Supported top shapes
- Row 2 Lunge pyramid
- Row 3 Column pyramid

15 min. Dynamic Partner Skills & Drills
- Row 1 Dynamic Catches
- Row 2 Basket pitches
- Row 3 Double toe pitches

5 min. Choreography Review
- Go through last week’s choreography section.

20 min. New Choreography
- Teach section 5 of the pre-choreographed routine.

5 min. Conditioning:
- Dynamic Drills and Skills Contest:
  - Longest toe pitch balance hold
  - Cleanest dynamic catch
  - Highest toe pitch or loose
GOALS

- Continue working on pair group skills with choreography or poses in to and out of each skill
- Learn section 6 of the pre-choreographed compulsory routine for competition

5 min. Cardio Warm-Up

10 min. Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

15 min. Individual Skills
- Row 1 Static skills
- Row 2 Flexibility skills
- Row 3 Agility skills
- Row 4 Choreographic skills

15 min. Balance Partner Skills & Drills
- Row 1 Supported top shapes
- Row 2 Lunge pyramid
- Row 3 Column pyramid

15 min. Dynamic Partner Skills & Drills
- Row 1 Dynamic Catches
- Row 2 Basket pitches
- Row 3 Double toe pitches

5 min. Choreography Review
- Go through last week’s choreography section.

20 min. New Choreography
- Teach section 6 of the pre-choreographed routine.

5 min. Conditioning:
- Basic strengthening exercises:
  - Tuck scoots: 1-2 rows
  - Swimmers: 1-2 sets of 20 in a row
  - Handstand facing the wall: 1-2 sets of 15-30 sec. each
  - Alternating lunges: 1-2 sets of 12 in a row
Acro-Gymnastics Pre-Team
Trio • Week 11

GOALS
• Continue working on pair group skills with choreography or poses in to and out of each skill
• Now that the students have learned all the choreography, they are to run full out routines

5 min. ........................ Cardio Warm-Up

10 min. ......................... Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

15 min. ........................ Individual Skills
- Row 1 Static skills
- Row 2 Flexibility skills
- Row 3 Agility skills
- Row 4 Choreographic skills

15 min. ......................... Balance Partner Skills & Drills
- Row 1 Supported top shapes
- Row 2 Lunge pyramid
- Row 3 Column pyramid

15 min. ......................... Dynamic Partner Skills & Drills
- Row 1 Dynamic Catches
- Row 2 Basket pitches
- Row 3 Double toe pitches

10 min. ........................ Choreography Review
- Go through last week’s choreography section.
- Pick another section of counts for everyone to review (preferably a section that needs special attention)

15 min. ........................ Run Full Out Routines
- Each pair is to take turns running full out routines
- Trios should review counts on the side or practice skills that they may need more work on, while waiting to run routines.

5 min. ........................ Conditioning:
- Basic strengthening exercises:
  - Tuck scoots: 1-2 rows
  - Swimmers: 1-2 sets of 20 in a row
  - Handstand facing the wall: 1-2 sets of 15-30 sec. each
  - Alternating lunges: 1-2 sets of 12 in a row
5 min. Cardio Warm-Up

10 min. Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

15 min. Individual Skills
- Row 1 Static skills
- Row 2 Flexibility skills
- Row 3 Agility skills
- Row 4 Choreographic skills

15 min. Balance Partner Skills & Drills
- Row 1 Supported top shapes
- Row 2 Lunge pyramid
- Row 3 Column pyramid

15 min. Dynamic Partner Skills & Drills
- Row 1 Dynamic Catches
- Row 2 Basket pitches
- Row 3 Double toe pitches

10 min. Choreography Review
- Pick a section of counts for everyone to review (preferably a section that needs special attention)

15 min. Run Full Out Routines
- Each pair is to take turns running full out routines
- Trios should review counts on the side or practice skills that they may need more work on, while waiting to run routines.

5 min. Conditioning:
- Partner strength training:
  - Partner Sit ups: 1-2 sets of 10 in a row
  - Partner Arch ups: 1-2 sets of 10 in a row
  - Partner Push ups: 1-2 sets of 10 in a row
  - Partner Squats: 1-2 sets of 10 in a row

GOALS
• Continue working on pair group skills with choreography or poses in to and out of each skill
• Run full out routines
**GOALS**

- Run through complete routines with the competition leotard and no shorts to mock what an actual competition will be like
- Discuss the schedule and any other matters pertaining to the day of competition

5 min. ................. Cardio Warm-Up

10 min. ............... Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

15 min. ............... Individual Skills
- Row 1 Static skills
- Row 2 Flexibility skills
- Row 3 Agility skills
- Row 4 Choreographic skills

15 min. ............... Balance Partner Skills & Drills
- Row 1 Supported top shapes
- Row 2 Lunge pyramid
- Row 3 Column pyramid

15 min. ............... Dynamic Partner Skills & Drills
- Row 1 Dynamic Catches
- Row 2 Basket pitches
- Row 3 Double toe pitches

5 min. ................. Choreography Review
- Pick another section of counts for everyone to review (preferably a section that needs special attention)

20 min. ............... Run Full Out Routines
- Each pair is to take turns running full out routines
- Trios should review counts on the side or practice skills that they may need more work on, while waiting to run routines.

5 min. ................. Conditioning:
- Partner strength training:
  - Partner Sit ups: 1-2 sets of 10 in a row
  - Partner Arch ups: 1-2 sets of 10 in a row
  - Partner Push ups: 1-2 sets of 10 in a row
  - Partner Squats: 1-2 sets of 10 in a row
GOALS

- Today is “Fun Day.” The students play games, switch around partners and try different skills
- The students will watch videos of their competition and then receive awards with refreshments at the end of the night

5 min. Cardio Warm-Up

10 min. Individual Stretching
- General body stretch
- Arm swings, ankles and wrists
- Right and left leg splits
- Pike, pancake and middle splits
- Seal stretch, cat stretch, push up to bridge

35 min. Games with Gymnastics Shapes
- Tunnel Tag
- Red light/Green light with
- Pirate Ship Game
- Relay Races
- Obstacle courses

10 min. Pyramid Building Contest
- Separate students into 2 teams. Each team is to create a group acro skill with everyone participating.
- Judge each pyramid on creativity, difficulty, and execution.

20 min. Watch Competition Videos
- Students can sit and watch the videos or participate in free play

10 min. Awards and Refreshments
- Strongest Base, Most Flexible Top, Most Improved Acrobat, Best Sportsmanship, Best Artistic Presentation
Trio Pic-To-Grams
Pic-To-Grams
Trio - Balance
Beginner

Beginner 1

Beginner 2

Beginner 3
Pic-To-Grams
Trio - Balance
Intermediate

Intermediate 1

Intermediate 2

Intermediate 3
Pic-To-Grams
Trio - Balance
Advanced

Advanced 1

Advanced 2

Advanced 3
Pic-To-Grams
Trio - Dynamic
Beginner

Beginner 1

Beginner 2

Beginner 3
Pic-To-Grams
Trio - Dynamic
Intermediate

Intermediate 1

Intermediate 2

Intermediate 3
Pic-To-Grams
Trio - Dynamic
Advance

Advance 1

Advance 2

Advance 3
Individual Skills
Pic-To-Grams
Individual Skills
Intermediate

Intermediate 1

Intermediate 2

Intermediate 3

Intermediate 3
Pic-To-Grams
Individual Skills
Advance

Advance 1

Advance 2

Advance 3

Advance 4
Choreography Tips
Choreography Tips

In planning out choreography, please study the schematic sheets for pairs and trios before getting started. Although routines can be put together and performed on a 40 x 40 Spring floor, a significantly smaller space is entirely appropriate and workable. The order of the skills noted has been plotted out to equally distribute both pair or group skills, as well as individual skills, around the floor. This concept is an important artistic requirement for competitive acrogymnastics. The general idea is that you are creating a picture that looks balanced and natural.

Begin with a simple starting pose followed by a simple 8 count of choreography before performing the first skill noted. The rest of the routine would include individual skills as well as choreographic movements like chasse's, skipping, forward rolls, lifts, etc that travel around the floor to the specified locations for the pair or group skills. The most important thing to keep in mind is to keep it as simple as possible. If you have a more advanced pair or group that has dance experience, you can add more complex movements so that they feel challenged.

Don’t worry about a specified ending to the exercise. Plan on using a piece of music that can be faded at the end. It is much easier to accommodate different skill sets and levels within a particular group of pre-team athletes when you make the length of your music selection flexible.

TIPS

- Start by evaluating the age and dance ability of the pair/groups you will be working with. If they are younger you should likely plan to simplify movements.

- Plan on teaching a small amount to athletes each week. Completing the whole routine should take about 4-5 weeks.

- Begin routine with a start pose and about an 8 count of choreography followed by the pair or group skill. This will, for the most part, be the major dance in the routine.

- After practicing the first part, have the kids sit down and practice counting the music. If they don’t already know how to count music, you may need to count it out loud and practice that with them. You can then try the beginning choreography with the music.

- Instead of teaching the routine 1 group at a time, which is very time consuming, try teaching 2-4 groups at a time. While other groups are waiting to learn their routine they can practice their skills and individuals.

- After each skill, use individuals and simple dance to get them to their next skill.
  - simple dance skills could include: skipping with hands on hips, chasse, lifts and drags (hold tops under the arms and drag them, tops can cross one foot to add a fun touch)

- After they have done all their skills, they can finish in an ending pose.

- It is not necessary for the routine to specifically match the music, simply fade the music down as they get into their ending pose. Inexperienced and young athletes sometimes speed up as they go along so fading the music works best in these situations.

- Once they have learned the entire routine, create time each week to have them practice it with music. Depending on the level of the athletes, you may be required to remind and assist them as they run through it until they are competent to do it solo.

- Lastly, teach them to salute to the judges and walk on to their beginning pose. Then, after the ending pose, teach them to again, face the judges, salute and walk off.
PRE-TEAM PAIR ROUTINE

SECTION 1
Shoulder stand

SECTION 2
Individual-agility
Dynamic Catch

SECTION 3
Indiv—Choreographic
Supported top

SECTION 4
Toe Pitch
Static hold

SECTION 5
F:H skill (foose)
Indiv—Flexibility

SECTION 6
Assisted press
PRE-TEAM TRIO ROUTINE

SECTION 1
Double Toe-Pitch

SECTION 2
Indiv—choreographic

COLUMN PYRAMID

SECTION 3
Static Hole

SECTION 4
Basket Pitch
Supported top shape
Indiv—agility

SECTION 5
Lunge Pyramid
Indiv—Flexibility

SECTION 6
Dynamic catch

x x

x x

x x

x x

x x

x x
USA Gymnastics and Pre-Team Program
USA Gymnastics and Acro Pre-team Program

Introductory Athlete Membership – Introductory Athlete Membership is required prior to any gymnast taking part in a USA Gymnastics event.

Benefits of Introductory Athlete Membership - The National Office wishes to acknowledge each introductory athlete member. As a member of the Acro Pre-team Program and current Introductory Athlete Membership, you will receive numerous benefits. As a registered USA Gymnastics Introductory Athlete Member of the Acro Pre-team Program, each athlete will receive the following benefits:

• Right to participate in any USA Gymnastics sanctioned event for which you are qualified
• Insurance coverage of up to $50,000 Secondary Accident Insurance ($500 deductible)
• USA Gymnastics Introductory Athlete Membership Card
• First and Last name listed on the Acro page Pre-team page, including enrollment date
• A U.S. mailed or emailed copy of the Acro Highlight each month
• An Acrobatic Gymnastics Highlight Video including stand-out routines of the past

Registering for the Introductory Athlete Membership - There are two ways to register as an Introductory Athlete Member:

• Online Registration - http://www.usa-gymnastics.org/membership/memship-howto.html. Online Registration fee is $15 per athlete. Register online through your club.

• Fax or Mail - Athletes can submit the Introductory Athlete Membership to register as introductory member. Fax or Mail Registration fee is $20 per athlete. An Introductory Athlete form is included in Handbook (see Appendix). The form is for secondary insurance and must be completely filled out with all signatures present before membership and any membership benefits will be released.

Don’t Forget – Once an introductory member in the Acro pre-team program, DO NOT FORGET to submit athlete’s first and last name, USA Gymnastics Introductory Membership number, and mailing or email address for receipt of monthly Acro Highlight.

Acro Pre-Team Website – Athletes enrolled in the Acro Pre-team can be found on the Acro website at: www.usa-gymnastics.org/acro/pre-team

Mail or fax your completed and fully signed application with $20.00 payment to:

Mailing Address:
USA Gymnastics Member Services
Pan American Plaza - Suite 300
201 S. Capitol Ave.
Indianapolis, IN 46225

Fax:
If you are paying by credit card, you may fax your completed and fully signed form to us at 317.692.5212

Thank You! - First and foremost, THANK YOU for showing interest in USA Gymnastics and the Acrobatic Gymnastics Pre-team program. A whole new world of opportunity awaits you. As you learn more about the USA Gymnastics and the Acrobatic Pre-team Program, you will find a variety of benefits.
Appendix
Marketing Ideas

To help make your gym’s program successful, here are some suggestions for marketing your new Acro pre-team program. The marketing plan for your Acrobatic Gymnastics Pre-team program should grow along with the program. It is best to start small. Some ideas for inexpensive marketing for a growing program are:

1. **Talk to your local Media**
   A Press Release Kit has been developed to aid coaches and club-owners in writing press releases. The Press Release Kit includes a cover letter, press release example and a press release template. A press release is a formal printed announcement by an organization about its activities. The press release is written in the form of a news article and is submitted to local newspapers, television stations, radio stations, etc. The purpose of utilizing a press release is to generate interest and familiarize your local community with upcoming competitions, results, and important and fun information. The Press release template can be used as an essential tool, not only to increase publicity for Acrobatic Gymnastics, but for your individual club as well. As our program continues to grow in numbers and success, it is important to involve the media to draw awareness to the sport as much as possible. The Press Release Kit can be emailed, upon request, to club owners / head coaches for use throughout the year.

2. **Contact your local YMCA, Mom’s club, Dance Studios**
   YMCA and Mother Organizations are good places to start to get the word out about the Acrobatic Gymnastics Pre-team program at your gym. Many of these moms may have kids who might be candidates for the program. Dance studios are also a great place to market as dancers generally enjoy the artistic value and expression offered in Acrobatic Gymnastics.

3. **Work with your school district**
   Some schools distribute flyers to families regarding after school and/or summer activities. Meet with administrators and physical education teachers who are concerned about the risk rate of childhood obesity and educate them on your program and its possible benefits. Physical education teachers may be champions for your program because they see daily how unfit many children are.

4. **Internal Marketing**
   Internal fliers within your current program can be a great way to generate interest and buzz about the new acrobatic gymnastics pre-team program. Go ahead and post signs/flyers, video advertising (if applicable). You create an “interested athlete” list at your front desk and collect e-mail addresses and contact information on those potential clients. Announce upcoming sessions at a program event or exhibition. By using the Welcome Letter provided in the back of the Pre-team program packet, identify potential athletes who would be interested and provide them with the invitation letter, outlining dates, costs, and expectations. Within your gym you can help boost interest in your pre-team program by any of the following: including Acrobatic Gymnastics pre-team in activity nights, birthday parties, inserting informative flyers in your billing mailing, including Acrobatic Gymnastics in your current recreational program classes, and inviting current students to bring a friend to a sample Acrobatic Gymnastics class.

5. **Personal contact!**
   One great attribute of word of mouth advertising is that it is FREE! Word of mouth allows you to describe your program to members of your community at no cost. Basic information can be provided on an answering machine. Educate your staff about the program and they can help spread information through the community. Positive and accurate information can increase interest in your program among members of your gym and others they come in contact with. Be sure to provide opportunities for prospective clients to contact you for detailed information.
07-08 INTRODUCTORY ATHLETE APPLICATION
VALID THROUGH - JULY 31, 2008

Online Registration fee is $15 per athlete.
Fax or Mail Registration fee is $20 per athlete.
Register online through your club. This form is for second
any insurance and must be completely filled out with all
signatures present before membership and any member-
ship benefits will be released.
*See back of form.

ATHLETE MEMBER INFORMATION

First Name ___________________________ Last Name ___________________________
Mailing Address ___________________________
City ___________________________ State ___________ Zip ___________ Phone ( ) ___________________________

We hereby verify by our signature below, that I fully understand and accept each of the conditions listed in the Athlete
Gymnastics sanctioned event, to provide, through a medical staff of its choice, customary medical/athletic
training attention, transportation and emergency medical services as warranted in the course of my participation in
any USA Gymnastics sanctioned events, I will have practiced

TRAMPOLINE/TUMBLING 1 2 3
RHYTHMIC Level # ___________________________
GROUP GYMNASTICS A B
WOMEN’S ARTISTIC Level # ___________________________
ACROBATIC GYMNASICS Level # ___________________________

Required – Circle all that apply:

1. Readiness to Compete: I am physically and psychologically prepared to compete. I will participate in the event, along with the employees, agents, officers and directors of these organizations, shall not be liable for any losses

2. Medical Attention: I hereby give my consent to USA Gymnastics and the Host Organization of
any USA Gymnastics sanctioned event, to provide, through a medical staff of its choice, customary medical/athletic
training attention, transportation and emergency medical services as warranted in the course of my participation in
USA Gymnastics sanctioned events.

3. Waiver and Release: I fully understand and accept each of the conditions listed in the Athlete

4. Online Member Search: I understand that the following information will be listed on the USA
Gymnastics online search: Athlete name, Athlete member number, Club number and State. This information will be pass
word protected and USA Gymnastics will use its best efforts to limit access to professional members of USA Gymnastics
and club owners. USA Gymnastics does not release individual members’ information to third parties.

5. Non-Refundable/Non-Transferable: I understand that this membership is non-refundable
and non-transferable.

All signatures required for acceptance of membership. Failure to complete any area of this membership form will result in delayed processing. Please double check all information before submitting.

*Signature of Coach ___________________________ "Signature of coach"
*Signature of Parent/Guardian ___________________________ "Signature of Parent/Guardian"
*Date ___________________________

I have checked this form and verify that sections 1-6 have been completely filled out and to the best of my knowledge are correct.

*Signature of Club Representative(required): ___________________________ "Signature of Club Representative"
*Date ___________________________

OFFICE USE ONLY
Number ___________________________
Rec’d Date ___________________________
Total Athletes ___________________________
Payment Amount ___________________________
Check Number ___________________________
Postmarked ___________________________
Credit Card Approval ___________________________
By ___________________________ Other ___________________________

PAYMENT INFORMATION

Membership are NON-REFUNDABLE AND NON-TRANSFERABLE. Registration fee is $15 for online processing only.
A full payment of $20 is required for faxed or mailed forms. Please print clearly, and double check credit card information
in order to avoid delays in processing. ENCLOSE CHECK PAYABLE TO USA GYMNASICS OR PROVIDE CHARGE

CARD INFORMATION:
VISA □ VISA □ OTHER MAJOR CREDIT CARD □
Cardholder Name (PRINT) ___________________________
Cardholder Signature ___________________________
Cardholder Phone ___________________________
Exp. Date ___________________________ Registration Fee ___________________________
I WOULD LIKE TO MAKE AN ADDITIONAL TAX
DEDUCTIBLE CONTRIBUTION TO THE FOLLOWING
NATIONAL TEAM/PROGRAM(S)
Men $ ___________________________ Women $ ___________________________
T & T $ ___________________________ Acrobatic Gymnastics $ ___________________________
Total amount to be charged to card ___________________________

☐ Collegiate Men $ ___________________________ ☐ Collegiate Women $ ___________________________

FAX OR MAIL REGISTRATION FEES:
Fax: $20.00 per athlete
Mail: $25.00 per athlete

CLUB INFORMATION

Club Name ___________________________
Club Contact Person ___________________________
Club Fax ___________________________
Club Email ___________________________
Club Fax Address ___________________________
City ___________________________ State ___________ Zip ___________

RUSH FEES:
Rush Fee $ ___________________________

NEW CLUB?:
We will assign club # upon receipt.

RUSH FEES:
Rush Fee $ ___________________________

NEW CLUB?:
We will assign club # upon receipt.

CLUB REPRESENTATIVE’S SIGNATURE

I understand that failure to complete any section will result in delayed processing of this form. I have a copy, or original (if processed online) of this form on file.

*Signature of Club Representative(required): ___________________________ "Signature of Club Representative"
*Date ___________________________

KEEP A COPY OF THIS FORM ON FILE AT YOUR CLUB.
Show Your Support!
Your donations will go to USA Olympic Athletes, National Team Members, Collegiate Athletes, and Grassroots Programs.
For more information go to... www.usa-gymnastics.org

OR SEND APPLICATION FORMS TO USA GYMNASTICS
Mail or fax your completed and fully signed application with $20.00 payment to:

Mailing Address
USA Gymnastics Member Services
Pan American Plaza - Suite 300
201 S. Capitol Ave.
Indianapolis, IN 46225

Fax
If you are paying by credit card, you may fax your completed and fully signed form to us at... 317.692.5212

Please do not fax any form more than one time. Duplicate faxes may result in duplicate charges to your credit card. When faxing groups of athlete membership forms, please use a cover page indicating the total number of applications present in your transmission.

TEAM USA gymnastics
USA Gymnastics Wants You!
Anyone who loves the sport of gymnastics...grandma, grandpa, aunts, uncles; class, recreational, junior high, high school or college gymnasts; former gymnasts, coaches, officials; or anyone who loves to to watch the sport...

- USA Gymnastics magazine enjoy a one-year subscription (6 issues) to the official magazine of USA Gymnastics, featuring personality profiles of U.S. gymnasts, training tips, coverage of major competitions, the latest in merchandise and lots of great photos. ($19.95 value)

- Official Welcome Letter and Certificate
- Official USA Gymnastics Member Gift
  ($15 value)
- USA Gymnastics Membership Card
- Member Discount
  10% discount on all apparel and novelty items sold through USA Gymnastics.
- USA Gymnastics Member Decal
- USA Gymnastics Bumper Sticker
  - Show your spirit!
- Monthly broadcast email blasts
- Special Contests for Kids and Adults

A portion of your registration fee goes to support our National Team & Grassroots programs.

THANK YOU!

If you’d like to be part of Team USA Gymnastics, call 1.800.345.4719 today to sign up!
Press Release

The purpose of this letter is to introduce the Press Release Template for your ease in communicating club news and competing results to local media outlets. A Press Release is a formal printed announcement written by an organization about its activities. The press release is written in the form of a news article and is submitted to the media. The purpose of utilizing a press release is to generate interest and familiarize your local community with upcoming competitions, results, important and fun information. Press releases can be used as an essential tool, not only to increase publicity for Acrobatic Gymnastics, but for your individual club as well.

A Press release should conform to an established format in order for it to be utilized quickly and efficiently by the media. Journalists receive numerous press releases a day and have set standards to which they must conform. Please do not let this scare you in your attempts in writing a press release. We have created a press release template so that any club who is interested in submitting a press release can do so easily and accurately. The following are guidelines and “must-knows” in creating and writing a press release for your club:

1. A Press release should be printed on company or club letterhead. If company letterhead does not exist, it is imperative to add the company or club logo.
2. The Headline or Title should be centered and in bold text. It should capture the interest of the reader in just a few words.
3. The next essential component is the contact information:
   a. Name of Contact
   b. Phone number
   c. Email address
4. The name of the Press release contact person goes underneath the wording with all contact numbers printed underneath and aligned-right of the page.
5. If the press release is for IMMEDIATE RELEASE, say so, on the right margin directly above the contact information.
6. The body of the press release begins with the date and city of the event.
7. The font should be basic (Times New Roman, Arial, etc.) and justified.

A few tips for the body: The first paragraph of the press release should contain a brief description of the event. The second paragraph explains the who, what, when, where, and why in detail. Also, typically included in the second ‘informative’ paragraph is a quote that gives the release a personal touch. Personal interest and touching stories go a long way with journalists. Press releases and news stories can be boring to journalists without a ‘human interest’ element. The third paragraph is a summation of the press release.

Additional paragraphs of information may be added if needed, however the point of a press release is to briefly communicate important information to the media. If the media is interested in doing a longer, more in-depth, story or piece, they will make contact with the contact person listed. Event schedules or official competition results can be included at the end of the release. All images and/or pictures should be submitted in the highest quality possible (minimum 300 dpi).

The last piece of information that should be included at the end of the press release is a brief description of your club mission statement and club information, including club address and website (if applicable). This information should be in italics and justified.

If your press release exceeds one page, the second page should indicate ‘Page Two’ in the upper right hand corner. Journalistic standards have set basic parameters to define the end of a press release: Club Name or ###. Either the “#” or club name should be entered directly underneath the last line of the release which indicates the end of a press release.

*If your press release exceeds one page, the second page should indicate ‘Page Two’ in the upper right hand corner. Journalistic standards have set basic parameters to define the end of a press release: Club Name or ###. Either the “#” or club name should be entered directly underneath the last line of the release which indicates the end of a press release.*
Dear Athlete and Parents,

Congratulations!! Your child has been recommended to participate in our fall session of pre team! Our fall session will begin in September and end in December. Pre-team will be offered on Mondays or Wednesdays in the fall. Monday pre-team will meet from 6:00 - 7:30pm. Wednesday pre-team will meet from 6:30-8:00pm. In addition to the 1.5 hour acrobatic gymnastics class, all students will be required to take a regular tumbling class another time during the week.

Cost for pre team is as follows:
- Monthly Tuition $93.00/month
- Additional tumbling class $57.00/month
- Pre-team leotard $58.00 (due October 1st)
- USAG Introductory Athlete Membership $15.00/annual (due at sign-up)

For the 2007/2008 season, we will have a new competition leotard for girls approximately $58.

Monday Pre-Team Schedule for Fall - Pairs
Start: Monday, September 10 6:00-7:30pm
No Practice: Monday, October 29 Halloween week
No Practice: Monday, November 19 Thanksgiving week
Dress Rehearsal: Monday, December 3 6:00 - 7:30pm
In House Meet: Sunday, December 9 5 - 7:00pm
Christmas Exhibition: Monday, December 10 5:30pm
Awards/Fun Night: Monday, December 17 6:00-7:30pm

Wednesday Pre-Team Schedule for Fall - Groups
Start: Wednesday, September 12 6:30-8:00pm
No Practice: Wednesday, October 31 Halloween
No Practice: Wednesday, November 21 Thanksgiving weekend
Dress Rehearsal: Wednesday, December 5 6:30 - 8:00pm
In House Meet: Sunday, December 9 5 - 7:00pm
Christmas Exhibition: Wednesday, December 12 6:30pm
Awards/Fun Night: Wednesday, December 19 6:30 - 8:00pm
Students will be placed in a pair or trio combination, learn elementary acrobatic compulsory skills which will then be put into a choreographed routine to music. Over the session they will work on perfecting their skills and routine. At the end of the session we will host an in-house acrogyrnastics meet so that the kids can gain some competition experience. All routines will be performed in front of judges, receive a score and be awarded a participation medal. All participants for the fall session will also do a group routine for our Christmas shows. At the end of the session we will have an awards/fun night where there will be special awards, games, refreshments and video review of the competition.

Pre Team is a great way for kids to be introduced to competitive Acrobatic Gymnastics. For those that participated in a previous session, this session will offer an opportunity to continue building upon what they have previously learned with even greater confidence. Athletes will work in a different pair or group arrangement, most likely work with different partners, participate in a different event (pair or trio) or a different level, even work in a different position; depending on who participates, a base from last session, may be a top, rather than a base or vice versa. All will also work on new skills and new routines.

Pre Team athletes will be required to participate in 2 events. They are listed below:
• In-house competition at ATA – Sunday, December 9th
• Group routine during Christmas Shows -
  • Monday pre-team: December 10th @5:30pm
  • Wednesday pre-team: December 12th @ 6:30pm

Attendance at these events is mandatory!
Please use the form below to let us know of your child’s interest in participating.
We look forward to hearing from you. To reserve a space in this class, please fill out the questionnaire below and return by email to [enter email address]. Your spot will be reserved upon receipt of tuition.

Sincerely,
Name – Team Manager

Team Questionnaire

Information/Questions Please fill in answers below
Child’s Name __________________________
Parent’s Name __________________________
Parent’s best contact number __________________________
e-mail address __________________________

My child wants to participate in fall Pre Team, but can only participate during the Monday practice. Please respond yes or no. __________________________

My child wants to participate in fall Pre Team, but can only participate during the Wednesday practice. Please respond yes or no. __________________________

My child wants to participate in fall Pre Team and can commit to participate either Monday or Wednesday acro practice. Please respond yes or no. __________________________

In order to participate in fall Pre Team, we understand that my child is required to participate in the Christmas Shows as well as compete at the ATA in-house competition event. Please initial. __________________________

Special comments/requests: __________________________
## BASIC CONDITIONING EXERCISES FOR STRENGTH TRAINING

<table>
<thead>
<tr>
<th>INDIVIDUAL</th>
<th>PARTNER</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CORE</strong></td>
<td></td>
</tr>
<tr>
<td>Tuck-Ups</td>
<td>Partner Sit-Ups</td>
</tr>
<tr>
<td>Scoots</td>
<td>Lock feet and &quot;high 10&quot;</td>
</tr>
</tbody>
</table>

| **BACK**    |   |
| Arch-Ups    | Partner Arch-Ups |
| Swimmers    | Alternate arms and feet |

| **ARMS/SHOULDERS** |   |
| Mountain Push-Ups  | Partner Push-Ups |
| Handstand Holds Facing the Wall | Push-ups and "high 5" alternating arms |

| **LEGGS** |   |
| Nadias | Partner Squats |
| Alternating Lunges | Switch legs |
Pre-Team Program