Collegiate Opportunities in Acrobatics & Tumbling for Athletes and Judges
Today’s Discussion

• Acrobatics & Tumbling overview
• Our Student-Athletes
• Future Student-Athletes
  • Scholarship Opportunities & the Recruitment Process
  • Tips for Coaches
• Judging with the NCATA
Acrobatics & Tumbling Meet Format

https://www.youtube.com/watch?v=RTWmhXhLCBY&t=127s
Collegiate Competition

• Sponsored as a varsity sport on 31 campuses nationwide
• Varsity sport = treated like all other sports teams
• Created to provide opportunities for young women to compete who may not have a NCAA Gymnastics opportunity
Is this an NCAA Sport?  
Emerging Sport Process

- Committee on Women’s Athletics Recommendation (Made June 2019)
- Each Division drafts legislation and votes (January/April 2020)
- With affirmative votes, will be added as an NCAA emerging sport for the 2020-21 Academic Year
- Upon reaching 40 NCAA competing members, eligible to become an NCAA Championship Sport (Currently 29 NCAA)
Our Member Institutions

Number of Institutions by Athletic Affiliation
NCAA Division I – 4
NCAA Division II – 20
NCAA Division III – 5
NAIA - 2
Championship Opportunities

- NCATA National Championships includes team tournament and event finals.
  - 8 team single-elimination tournament.
  - 5 qualifiers for each event final heat in Acro, Pyramid, Toss and Tumbling events.
  - Held each April on a NCATA member campus.

- Mountain East Conference (NCAA Division II) hosted the first conference championship in 2019.

- Competitions sanctioned through USA Gymnastics.
Student-Athlete Experience (High School)

- Artistic Gymnastics: 50%
- Acrobatic, Trampoline, Power Tumbling, GFA: 5%
- Competitive Cheer: 43%
- Other Sports: 2%

Total: 100%
Our Student-Athletes

• Beyond competition while on campus...
  • Represented their institution academically, honors on their campuses
  • Represented their institution at the Conference and National Level on their Student-Athlete Advisory Committee
  • Represented USA through National Team competition
...And Their Future

• Post-collegiate opportunities...
  • Careers in their field of choice
  • International competition with USA Weightlifting
  • NCATA Coaches and Officials
Future Student-Athletes and the Recruitment Process
What level of gymnasts are recruited?

- Athletes include all different body types for different skill positions
- Athletes may specialize within events

- Level of gymnast in Artistic Gymnastics can vary by institution, but NCATA members have recruited:
  - JO Optional Level gymnasts
  - Xcel gymnasts (Platinum and Diamond)

- Various levels within disciplines:
  - Acrobatic Gymnastics
  - Trampoline & Tumbling
  - Gymnastics For All
Scholarship Opportunities

- Scholarship opportunities at member institutions may include:
  - Athletic Financial Aid
  - Academic or other aid
- Teams use equivalency scholarship model (similar to baseball, soccer, softball)
  - Example: Division I team has a maximum 12 total athletic scholarships they can provide that may be divided amongst many athletes on the team
  - Division III institutions are not allowed to offer athletic scholarships, however they have substantial academic aid to offer
Steps in the Recruiting Process
1. Visit www.thencata.org
2. Initial Eligibility

- Register with the NCAA or NAIA Eligibility Center
  - NCAA – Register under Gymnastics: https://web3.ncaa.org/ecwr3/?DB_OEM_ID=9600
  - NAIA – Register under Cheer/Dance: https://www.playnaia.org/eligibility-center
- Take the SAT or ACT
- Core courses required
3. Research and Contact

• Research institutions of interest
  • Entrance requirements - i.e. SAT/ACT/GPA requirements
  • Location, academic programs, enrollment size, etc.

• Complete a recruit questionnaire on an institution’s athletic website
3. Research and Contact (Cont.)

• Athletes should reach out to coaches directly to express their interest.
  • When contacting coaches please provide your student-athlete number that the eligibility center assigns

• Each division has rules specific to when coaches can contact student-athletes.
  • If contacted by an athlete during one of those times, the coach will let them know contact is limited and can provide further information
4. Share Your Skills

• Write a short biography including – academics, activities, honors, as well as your competition history, team information and skill set.

• Make a Recruitment Video, Instagram profile or YouTube Page –
  • Prioritize safety!
  • Contact coaches to learn which skills they would like to see you execute.

• Video may include:
  • Running tumbling passes – ex. back and/or front tumbling
  • Standing tumbling – ex. back handspring, standing back tuck
  • Balance skills – ex. handstand hold, press handstand, pike hold
  • Any other skills or abilities you would like to highlight from practice or competition
  • Other skills requested by the coach

• Tumbling passes may be on a spring floor, trampoline, air floor, etc.
Video Format

- Recruits generally provide videos to coaches in one of a few ways
  - Athlete YouTube Page
  - Compiled highlight video (typically a few minutes in length)
  - Send series of short videos highlight skills they are working on.
5. Learn More

- Attend camps at a college:
  - Sport and skill exposure
  - Learn directly from college coaches and current student-athletes
- Follow the NCATA and NCATA member institutions social media accounts
- Attend a meet at a NCATA member institution near you
- Watch online – most NCATA member institutions live stream their meets
Tips for Coaches & Gym Owners

1. Invite NCATA coaches speak to your staff, gymnast, and parents – reach out to teams in your area.
2. If your optional teams are traveling to invitationals near a member team – reach out to that coach.
4. Watch meets online.
Retention at Your Gym

- Collegiate opportunities in Acrobatics & Tumbling can assist in retention.
  - Multi-sport athletes
  - Less rigorous training schedule
  - Recovering from injury
  - Applying skill set in a new format
Judging with the NCATA
Certification Process

• Our officials pool experience is equally as diverse as our student-athletes.

• A great way to learn the sport for individuals coaching potential student-athletes or have an interest in coaching Acrobatics & Tumbling in the future

• Certification process
  • Two part training session completed on Webex
  • Completion of a written and practical test completed online
  • Certification for four years
Meets

- 3 Officials on Meet Day
  - Head Official
  - 2 Execution Officials
- Officials have the ability to be assigned to meets throughout the country.
- Opportunities to judge Conference and National Championships.
Training Timeline

- Training (September - October)
- Testing (October - November)
- Assigning (November - December)
- Meet Season (February - April)
Collegiate Growth

• Opportunities in Acrobatics & Tumbling
  • Student-athletes
  • Coaches
  • Officials

• Contact the NCATA
  • Coaches – Janell Cook – janell.cook@thencata.org
  • Officials & General Questions – Heather Ould – heather.ould@thencata.org
Questions?

www.thencata.org