



SKILLZ DAY CAMP - 2 DAY

Tumbling

2025

NFHS KEY:

CROWD LEADER

AMBASSADOR

SPIRIT RAISER

ATHLETE

ENTERTAINER

LEADERSHIP

| Time | Class | Notes | |
|-----------------|-------------------------------------|--|---|
| 9:00 AM | Staff Intros | Introduce instructors | |
| | Roles of A Cheerleader | Reiterate our responsibilities as cheerleaders | S |
| 9:15 AM | STUNT S.A.F.E. | Philosophy for safety of teams while stunting | A |
| | Team Evaluations | Progression warm up for stunt classes | A |
| 9:45 AM | Stunt Class #1 | | A |
| 11:00 AM | Baskets | | A |
| 12:00 PM | LUNCH | | |
| 1:00 PM | All-American Cheer | Used for All-American Tryouts | C |
| | Coaches Skill Drills | | |
| 1:30 PM | Jumps | | |
| 2:15 PM | Pyramids (All-American Tryout Demo) | | A |
| 3:00 PM | Tumbling | | A |
| 4:00 PM | Custom Coaching | | C |
| 5:00 PM | Pin It Forward/Closing | | A |

DAY 1

| Time | Class | Notes | |
|-----------------|----------------------|--|---|
| 9:00 AM | Dynamic Warm up | Fun Sport Specific warm up to get the body ready to go | |
| | Coaches Skill Drills | | |
| 9:30 AM | Pyramids | | A |
| 11:00 AM | Stunt Class #2 | | A |
| 12:00 PM | LUNCH | | |
| 1:00 PM | Tumbling | | A |
| 2:00 PM | All-American Tryouts | Optional All-American Team Tryout | A |
| 2:30 PM | Team Time | | C |
| 3:00 PM | Custom Coaching | | E |
| 4:00 PM | Performances | | E |
| 5:00 PM | Closing | | |

DAY 2

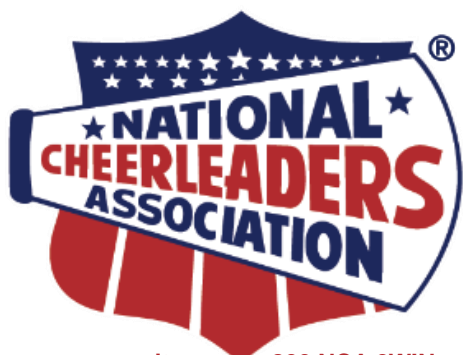
NOTES:

ALL-AMERICAN NOMINEE

Selected by Staff, in one of the following areas: jumps, tumbling, stunting.

ALL-AMERICAN TRYOUT CRITERIA

1. COMBO TRACK- Athletes must successfully complete a round off back handspring backtuck minimum. They must also successfully complete a transitional
2. TUMBLE TRACK- If they choose the tumbling option, they must successfully complete a round off back handspring layout minimum. They must also perform a standing back tuck.
3. STUNT TRACK- If they choose the stunting option, they must successfully complete a full up (360) entrance to the top and full down from a liberty variation
4. TOP All-American- If an athlete wants to be considered for our Top All-American award, they must successfully complete the TUMBLE TRACK AND STUNT TRACK requirements in their tryout. They must also substitute a Back tuck in the All American Cheer in place of the jump. Difficulty and quality of execution will be taken into consideration in determining the Top All-American at each camp.



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