



## New with Tuition

### **Tumble Blocks:**

\*all teams with the exception of Prep teams and Level 6 teams (Figment, Wonder, Junior X, Xfactor)  
The Tumble Block is a mandatory weekly 15 minute block specifically designed to work on routine based tumbling, timing and proper technique. Tumble Blocks will be facilitated by team level. All athletes must attend at least one block, for each level team they are on. For example, if you are on a Level 2 team, you must attend at least one Level 2 Tumble Block. If you crossover, and your teams are different levels, you must attend one class for each level. For example, if you are on a Level 1 and a Level 2 team you must attend one Level 1 block and one Level 2 block, for a total of two blocks per week. Days and times for Tumble Blocks will be in iClass. Each athlete needs to be registered for Tumble Blocks through the portal.

### **Flyer Blocks:**

\*all teams with the exception of Prep teams (Figment & Wonder) and X-Factor  
The Flyer Block is a mandatory weekly 30 minute block specifically designed to work on routine based stunting for flyers. Flyer Blocks will be facilitated by team level. All athletes must attend at least one block, for each level team they fly on. For example, if you are on a Level 2 team, you must attend at least one Level 2 Flyer Block. If you crossover, and your teams are different levels, you must attend one class for each level. For example, if you are on a Level 1 and a Level 2 team you must attend one Level 1 block and one Level 2 block, for a total of two blocks per week. Days and times for Flyer Blocks will be in iClass. Each athlete needs to be registered for Flyer Blocks through the portal.

### **Strength & Conditioning Blocks:**

\*all teams with the exception of Prep teams (Figment & Wonder) and X-Factor  
The Strength and Conditioning Block is a mandatory weekly 30 minute block specifically designed to work with back spots and bases on routine based stunting, including proper technique. Strength and Conditioning Blocks will be facilitated by team level. All athletes that are black spots or/and bases must attend at least one block, for each level team they are on. For example, if you are on a Level 2 team, you must attend at least one Level 2 Strength and Conditioning Block. If you crossover, and your teams are different levels, you must attend one class for each level. For example, if you are on a Level 1 and a Level 2 team you must attend one Level 1 block and one Level 2 block, for a total of two blocks per week. Days and times for Strength and Conditioning Blocks will be in iClass. Each athlete needs to be registered for Tumble Blocks through the portal.

### **Stunt Clinic:**

Each team will received a 2-3 hour stunt clinic over the summer to perfect Elite Level Appropriate stunt skills in preparation for team choreography. Schedule will be out by end of June.

### **Tumble Class:**

*Prep Teams (Figment & Wonder)* – 1 hour free tumble class included in tuition.

*All Full Year Teams* – discounted Tumble classes, 50% off all tumble classes for the session.

*Junior X & X-Factor* – Mandatory to attend Tumble X, included in tuition