



TUMBLING

We welcome you to our tumbling program at Diamond Athletics. We have great pride in the progression of your athlete. We want to make sure that all of our tumbling students are progressing but we know that tumbling does not come naturally to everyone and a lot of hard work is needed even outside of weekly practices in order for all athletes to continue to progress. Please know that every athlete will progress at a different rate and we want to celebrate every student's victories with their individual skills. In the case that we have a multi-leveled class, coaches will always make sure each individual is progressing properly. We want to remind our students to not compare themselves to others in the room but continue to focus on their individual goals and achievements. Proper technique and proper development is a priority before our coaching staff will progress students to the next skill. Please have your athlete continue to stretch their splits and bridges outside of practice in addition to practicing other mastered tumbling skills that can be performed safely with proper mats/equipment. For the athletes safety, we ask that our students not perform any skills at home that would require a spot from a professional coach. We are excited for you to join our program and can't wait to see your child's progress throughout the season.

Private lessons are available in addition to our weekly classes. To schedule a private lesson with one of our qualified instructors email info@diamondathletics.net

SKILLS

BEGINNER TUMBLING CLASSES at DA

- No Prerequisites necessary:

Goals for your athlete in our beginner tumbling classes in addition to improving your child's mobility and body control:

Body positioning, Hollow body holds, Core strength, Forward rolls, Backward rolls, Standing bridge, Handstand, Cartwheels, 90-degree leg-lifts on each leg from a bridge.

Power hurdles, handstand cartwheels, handstand bridge, bridge kick-over, round-offs, back extension rolls

Front and back limbers, Back and front walkovers, Valdez

INTERMEDIATE TUMBLING CLASSES at DA:

- Prerequisites: Solid handstand, FWO, BWO, front and back limber.

Goals for your athlete in our intermediate tumbling classes:

Working toward a Front and Back Handspring

Round-off back handspring, Standing series back handsprings

Front walkover round-off back handspring

Jump Classes

Our jump class consists of plyometric, dynamic and explosive workouts designed to work together to improve the height, flexibility and power of the athlete's jumps.

Aerials & Punch fronts

ADVANCED TUMBLING CLASSES AT DA:

- Prerequisites: Solid standing series back handspring rebound, round-off back handspring rebound

Goals for your athlete in our advanced tumbling classes once they have mastered a skill:

Running punch front

Side and Front Aerials

Round-off back handspring tuck

Standing Tuck

Jump to tuck

Jump to back handspring tuck

Layouts

Whips

Fulls

Arabians