



## \*\*\*Tryout Classes 2018\*\*\*

Sign Up Online Beginning December 8<sup>th</sup>

### **S.A.S. Class – Sideline and Spirit**

- Whether you're trying out for your school team for the first time or you're just wanting to brush up on your sideline spirit this is the class for you! It is designed to help you prepare for all things you will need to know for tryouts such as; motions, basic cheers, chants, and sideline band dances.
- It will last 3 Total Sessions: January, February, and March. It will be a month by month sign up as different Schools tryout at different times.
  - Cost is \$50/Session

### **Back Handspring Bootcamp**

**NO SKILLS REQUIRED**

- This class is designed specifically for those of you working on your back handspring for tryouts. We will Drill Drill Drill Back Handsprings focusing on proper technique.
- It will last 3 Total Sessions: January February, and March. It will be a month by month sign up as different Schools tryout at different times.
  - Cost is \$60/Session

### **Back Tuck Bootcamp**

**MUST HAVE STANDING 2 BACK HANDSPRINGS TO ATTEND**

- This class is designed specifically for those of you working on your back handspring for tryouts. We will break down the fundamentals of Back Tucks using skill specific drills, prerequisites such as fast backhand springs and snap downs, focusing on proper technique.
- It will last 3 Total Sessions: January, February, and March. It will be a month by month sign up as different Schools tryout at different times.
  - Cost is \$60/Session