

## What to Expect from your Stingray Classes

### Stretch Class

**Dynamic Stretching-** A type of sports fitness routine in which momentum and active muscular effort are used to strengthen and the end position is not held.

**Static Stretching-** Stretching a muscle (or group of muscles) to its farthest point and then maintaining or holding that position.

**Passive Partner Stretching-** One relaxed partner will be stretched to their farthest point by an instructor or a partner in the class.

### Stunt Class

**Beam Stunting-** Athletes must show ability to pull and hold body positions on a balance beam to progress.

**Ground Stunting-** Athletes must show ability to pull and hold body positions on an instructor to progress.

**Group Stunting-** Athletes will progress through the levels on a multi-base group.

**Basket Tosses-** Using the trampoline and partner based drills, athletes will progress through all levels of the basket toss.

### Tumble Class

**Stretch/Warm-Up-** Body positioning and beginner skills to prepare muscles and get the “blood flowing”.

**Drills-** Exercises used to teach muscle memory. Breaking down each trick into smaller pieces helps ensure proper technique, build confidence and lends to quicker progression.

**Progression-** Each athlete must fully master a level before moving to the next level.

**Spotting-** WE FEEL THAT SPOTTING PROMOTES MENTAL AND EMOTIONAL DEPENDANCE WHILE CREATING A FALSE SENSE OF ACCOMPLISHMENT IN BOTH PARENT AND ATHLETE. THEREFORE WE USE OUR EQUIPMENT, DRILLS AND PROGRESSION TO TEACH WITHOUT THE USE OF SPOTS WHENEVER POSSIBLE.

**Attendance-** Extremely important and results are cumulative, get those make-ups in ASAP unfinished skills DO erode and setbacks can occur.