

THE STINGRAY ALL STARS • TUMBLING CLASSES

CORE SKILLS

INTRO TO TUMBLING

Former Beginner

Relaxed class structure for new athletes to improve mobility and learn basic skills.

Recommended for 4 (with coach approval) to 6 years old.

FUNDAMENTALS

Former Advanced Beginner

Stricter class structure for new athletes to learn basic skills. Recommended for 6+ years old.

PREREQUISITES (must be "competition RAYdy"):

- Forward Roll
- Straight Legs Bridge

Curriculum (Includes Prerequisites):

- Shapes
- *Handstand
- *Cartwheel
- *Single Leg Bridge
- Backbend
- Backward Roll
- *Splits/Leg Control

* Both Sides (Left/Right)

WALKOVERS

Former Front/Back Walkover

PREREQUISITES (must be "competition RAYdy"):

- Vertical Handstand
- Single Leg Bridge
- Left/Right Split
- Straight Cartwheel

Curriculum (Includes Prerequisites):

- *Single Leg Bridge Lift
- Backbend
- Front/Back Limber
- Back Extension Roll
- *Front/Back Walkover
- Cartwheel Variations
- Class Skill Connection Examples:
 - Front/Back Walkover Series
 - Cartwheel Back Walkover
 - Front Walkover Cartwheel Back Walkover

* Both Sides (Left/Right)

L1

HANDSPRINGS

Former Front/Back Handspring

PREREQUISITES (must be "competition RAYdy"):

- Vertical Handstand for 1 min (against wall)
- Straight Cartwheel Step-in
- Front Walkover Cartwheel Back Walkover Pass
- Back Extension Roll (optional)

Exception:

- Evaluated athlete

Curriculum (Includes Prerequisites):

- Front/Back Handspring
- Round Off
- Class Skill Connection Examples:
 - Cartwheel Step-in Back Handspring
 - Back Walkover Back Handspring
 - Front Walkover Front Handspring
 - Round Off Back Handspring
 - Back Handspring Series (2)

L2

Competition RAYdy skill: The skill is performed on spring-floor with gRAYt form and precision.

RUNNING TUCKS & AERIALS

Former Front/Back Tuck

PREREQUISITES (must be "competition RAYdy"):

- Standing 2 Back Handsprings Rebound
- Round Off 2 Back Handsprings Rebound
- Round Off Back Handspring "High" Rebound
- Front Handspring (optional)

Exception:

- Evaluated athlete

Curriculum (Includes Prerequisites):

- Front Handspring Dive Rolls
- Punch Front
- Round Off Back Handspring Tuck
- Aerial
- Skill Connection Examples:
 - Front Walkover Round Off Tuck
 - Front Walkover Aerial

L3

STANDING TUCKS & LAYOUTS

Former Advanced Intermediate

PREREQUISITES (must be "competition RAYdy"):

- Standing 3 Back Handsprings Rebound
- Power Hurdle Round Off Back Handspring Tuck

Exception:

- Evaluated athlete

Curriculum (Includes Prerequisites):

- Standing Tuck
- Cartwheel Step-in Tuck
- Standing Back Handspring(s) to Tuck
- Running Layout
- Standing Layout
- Skill Connection Examples:
 - Front Walkover Round Off Back Handspring Layout
 - Backward Roll Back Tuck

L4

STEP OUTS & WHIPS

Former Advanced

PREREQUISITES (must be "competition RAYdy"):

- Front Handspring Rebound
- Standing 4 Back Handsprings Rebound
- "High" Punch Front
- Round Off Back Handspring Layout

Exception:

- Evaluated athlete

Curriculum (Includes Prerequisites):

- Punch Front Step Out
- Running Whip
- Standing Whip
- Class Skill Connection Examples:
 - Front Handspring Front Tuck
 - Punch Front Step Out Front Walkover/Round Off
 - Whip Tuck/Layout

L4-5

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TWISTING SKILLS

SINGLE FULLS

PREREQUISITES (must be "competition RAYdy"):

- Round Off Back Handspring Layout
- Standing 2 Back Handsprings to Layout

Curriculum (Includes Prerequisites):

- Running Layout ½ Twist
- **Running Layout Full**
- Standing 2 Back Handsprings to Full
- Elite Level Appropriate Passes

L5-6

STANDING FULLS

PREREQUISITES (must be "competition RAYdy"):

- Round Off Back Handspring Full
- Standing 1 Back Handsprings to Layout

Curriculum (Includes Prerequisites):

- Standing 2 Back Handsprings to Full
- Standing 1 Back Handspring to Full
- **Standing Full**
- Cartwheel Full

L6

DOUBLE FULLS

PREREQUISITES (must be "competition RAYdy"):

- Round Off Back Handspring Full
- Standing 2 Back Handsprings to Full

Curriculum (Includes Prerequisites):

- Running 1-½
- Running Double Full
- Standing 2 Back Handspring to 1-½
- Standing 2 Back Handspring to Double Full
- Arabians
- Elite Level Appropriate Passes

L6

Competition RAYdy skill: The skill is performed on spring-floor with gRAYt form and precision.

ELITE

This class becomes available when Twisting Skill Classes cannot be separated in Single Fulls, Standing Fulls and Double Fulls.

Prerequisites must be "competition RAYdy":

- Round Off Back Handspring Layout
- Standing 2 Back Handsprings to Layout

Curriculum:

- **Single Full**
- **Standing Full**
- **Double Full**
- Elite Level Appropriate Passes

L5-6

ATHLETE ASSESSMENT SHEET FOR TUMBLING CLASSES

Athlete Name: _____

Notes:

Coach Initials: _____ **Date:** _____

This athlete can safely access this or below Level classes:

- | | |
|--|---|
| <input type="checkbox"/> Intro to Tumbling | <input type="checkbox"/> Fundamentals |
| <input type="checkbox"/> Walkovers (L1) | <input type="checkbox"/> Exception (must be clarified on Notes) |
| <input type="checkbox"/> Handsprings (L2) | <input type="checkbox"/> Exception (must be clarified on Notes) |
| <input type="checkbox"/> Running Tucks & Aerials (L3) | <input type="checkbox"/> Exception (must be clarified on Notes) |
| <input type="checkbox"/> Standing Tucks & Layouts (L4) | <input type="checkbox"/> Exception (must be clarified on Notes) |
| <input type="checkbox"/> Step Outs & Whips (L4-5) | <input type="checkbox"/> Exception (must be clarified on Notes) |
| <input type="checkbox"/> Single Full (L5-6) | <input type="checkbox"/> Exception (must be clarified on Notes) |
| <input type="checkbox"/> Standing Full (L6) | <input type="checkbox"/> Exception (must be clarified on Notes) |
| <input type="checkbox"/> Double Full (L6) | <input type="checkbox"/> Exception (must be clarified on Notes) |

Assessment System - This system is based on the expectation of "Competition RAYdy Skill"
J = Minor technique issue. Two "*J*" marks equals One "*X*" mark
X = Major technique issue. Three or more "*X*" marks on a single skill equals **Not RAYdy Yet**

Skill #1: _____ RAYdy NOT Yet

APPROACH	<input type="checkbox"/>	Head Position	<input type="checkbox"/>	<input type="checkbox"/> Arms <input type="checkbox"/> Legs	<input type="checkbox"/>	<input type="checkbox"/> Stiffness <input type="checkbox"/> Shape
PACE	<input type="checkbox"/>	<input type="checkbox"/> Conserve <input type="checkbox"/> Increase				
BODY	<input type="checkbox"/>	Head Position	<input type="checkbox"/>	<input type="checkbox"/> Arms <input type="checkbox"/> Legs	<input type="checkbox"/>	<input type="checkbox"/> Stiffness <input type="checkbox"/> Shape
LANDING	<input type="checkbox"/>	Head Position	<input type="checkbox"/>	<input type="checkbox"/> Arms <input type="checkbox"/> Legs	<input type="checkbox"/>	<input type="checkbox"/> Stiffness <input type="checkbox"/> Stability

Skill #3: _____ RAYdy NOT Yet

APPROACH	<input type="checkbox"/>	Head Position	<input type="checkbox"/>	<input type="checkbox"/> Arms <input type="checkbox"/> Legs	<input type="checkbox"/>	<input type="checkbox"/> Stiffness <input type="checkbox"/> Shape
PACE	<input type="checkbox"/>	<input type="checkbox"/> Conserve <input type="checkbox"/> Increase				
BODY	<input type="checkbox"/>	Head Position	<input type="checkbox"/>	<input type="checkbox"/> Arms <input type="checkbox"/> Legs	<input type="checkbox"/>	<input type="checkbox"/> Stiffness <input type="checkbox"/> Shape
LANDING	<input type="checkbox"/>	Head Position	<input type="checkbox"/>	<input type="checkbox"/> Arms <input type="checkbox"/> Legs	<input type="checkbox"/>	<input type="checkbox"/> Stiffness <input type="checkbox"/> Stability

Skill #2: _____ RAYdy NOT Yet

APPROACH	<input type="checkbox"/>	Head Position	<input type="checkbox"/>	<input type="checkbox"/> Arms <input type="checkbox"/> Legs	<input type="checkbox"/>	<input type="checkbox"/> Stiffness <input type="checkbox"/> Shape
PACE	<input type="checkbox"/>	<input type="checkbox"/> Conserve <input type="checkbox"/> Increase				
BODY	<input type="checkbox"/>	Head Position	<input type="checkbox"/>	<input type="checkbox"/> Arms <input type="checkbox"/> Legs	<input type="checkbox"/>	<input type="checkbox"/> Stiffness <input type="checkbox"/> Shape
LANDING	<input type="checkbox"/>	Head Position	<input type="checkbox"/>	<input type="checkbox"/> Arms <input type="checkbox"/> Legs	<input type="checkbox"/>	<input type="checkbox"/> Stiffness <input type="checkbox"/> Stability

Skill #4: _____ RAYdy NOT Yet

APPROACH	<input type="checkbox"/>	Head Position	<input type="checkbox"/>	<input type="checkbox"/> Arms <input type="checkbox"/> Legs	<input type="checkbox"/>	<input type="checkbox"/> Stiffness <input type="checkbox"/> Shape
PACE	<input type="checkbox"/>	<input type="checkbox"/> Conserve <input type="checkbox"/> Increase				
BODY	<input type="checkbox"/>	Head Position	<input type="checkbox"/>	<input type="checkbox"/> Arms <input type="checkbox"/> Legs	<input type="checkbox"/>	<input type="checkbox"/> Stiffness <input type="checkbox"/> Shape
LANDING	<input type="checkbox"/>	Head Position	<input type="checkbox"/>	<input type="checkbox"/> Arms <input type="checkbox"/> Legs	<input type="checkbox"/>	<input type="checkbox"/> Stiffness <input type="checkbox"/> Stability