

## IMPORTANT INFO: Cheer Tumble

Tumbling has become more and more important to the sport of cheerleading. These days some of the most difficult gymnastics skills have become a requirement for squads to compete well. Many of the ADVANCED tumblers you see either in the gym, or at the cheerleading competitions, have most likely been attending regular gymnastics classes weekly, for several years. Attending a gymnastics program year round, (at least 50 weeks out the year), is crucial to learning the more difficult skills you see being done, or even a simple back handspring.

Every year we get a flock of young girls who come into the gym in hopes of getting that back handspring, a MONTH BEFORE CHEEREADING TRYOUTS! Enrolling in a class for one month out of a year, especially the month before an important tryout, is not an ideal learning situation. It takes most girls several months to complete the first stage of learning, which is to learn a back handspring by yourself on the wedge mat. Not by yourself once, or every other time, but every single time you attempt it. If you are out of shape, it takes about 3 months to get in proper shape to try out for cheerleading. If you are out of shape, trying to get into shape at the last minute, will prevent you from doing your very best at tryouts, as your body will not have recovered completely yet from the increase in physical activity.

Thank you-

I&M Staff