

SOUTH JERSEY
STORM

2020-2021

SEASON

JUNE 22:
TEAM TRAINING PLACEMENTS BEGIN - 3 PHASES

PHASE 1

(RE)INTRODUCTION TO STUNTING & TUMBLING: 3 WEEKS

All Mini and Up athletes will train for 5 hours a week, and all Tiny athletes will train for 1 hour a week. Athletes will slowly and safely be reintroduced to tumbling, stunting, and conditioning at their current level.

- Returning athletes should attend the level they were on last season.
- On June 22, a new athlete meet and greet will be held for any new athletes. Your training level for Phase 1 will be determined after getting to know you. No skills will need to be performed.

PHASE 2

LEVEL SWAPS AND TRAINING: 3 WEEKS

At the conclusion of Phase 1, athletes will be shifted to the level that best suit their abilities at this time. Athletes may be moved up or down levels. Athletes will continue to train in these levels for an additional 3 weeks.

PHASE 3

FINAL TEAM CREATION

At the conclusion of Phase 2, teams will be created based on skill development, age, tumbling and stunting growth. Individual practices will begin.



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