



SOUTH JERSEY STORM

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.