



## ***TUMBLING CLASSES INFORMATION***

We are excited to launch our new tumbling classes program. Open to both EMCA Allstar members and non-members, we have created a brand new, completely custom system for our classes that makes it easy for athletes, parents and coaches to understand the elements of successful tumbling and monitor progress.

### ***HOW DOES IT WORK?***

We have four different levels of tumbling classes - White, Green, Black and Medals. Within each class, athletes will work to complete achievement sheets by showing mastery of different skills, drills and exercises. When an athlete completes a sheet they can move on to the next one, and once they complete all sheets in a colour they can move up to the next class and will even be able to buy a completion badge to show their achievement!

### ***WHAT ARE THE DIFFERENT LEVELS?***

<b><i>WHITE</i></b>	<b><i>GREEN</i></b>	<b><i>BLACK</i></b>	<b><i>MEDALS</i></b>
For those new to tumbling, working on mastering foundational skills and progressing through Allstar levels 1 and 2 passes. There are no entry requirements for this class	For those who have great basic skills and ability and are looking to progress through front and back handspring skills and Allstar levels 2 and 3 passes. Must have perfected walkovers and roundoffs.	For those with strong handsprings ready to progress to free-flipping skills and Allstar level 3 and 4 passes. Must have perfected multiple back handsprings in standing and running passes.	Includes Bronze, Silver and Gold level sheets for experienced tumblers working on elite skills and Allstar level 4, 5 and 6 passes. Must have perfected standing and running passes to tucks.

### ***WHICH CLASS SHOULD I SIGN UP FOR?***

Take a look at the entry requirements above and if still not sure ask us and we'll be happy to advise. Ideally athletes should be able to check off all skills on the previous colour sheets in order to qualify for a class. We want to make sure athletes are in the right classes and so will discuss with you if we think you're in the wrong one and reserve the right to restrict registration based on our assessment.

### ***HOW DO I REGISTER?***

#### ***STEP 1 - REGISTRATION:***

If you're not already a member, fill out our registration form online at [www.emcanottingham.com/tumble](http://www.emcanottingham.com/tumble) to create your coacha account (ignore the questions about teams if you're just registering for classes) and set up your password. Once we approve your membership request you'll be able to log on to your account on the Coacha web portal or app.

#### ***STEP 2 - BOOKING:***

**Step 1** - Log in to your Coacha account and select book a class.

**Step 2** - Select the class you want to book and follow the instructions.

**Step 3** - Make payment. If making an individual card payment for a class you'll have one hour from the time of booking to make payment or your space will be released. If booking from a web browser you will be taken to the payment site immediately, if using the app you will be emailed a payment request.

#### ***NEW!! - BUNDLES:***

You can now make paying for classes simpler by buying a bundle. Purchase a bundle of 5, 10 or 20 classes and use it as your payment method when booking on. No more making a separate card payment for each class booking! To buy a bundle, log in to your coacha account (web browser only) and go to "My Money", select and pay for your bundle and it's ready to use.

## 2022/23 SESSION DATES

Summer session - July 18th to Aug 19th (5 weeks)

Autumn session - Sep 5th - Oct 14th (6 weeks)

Winter session - Oct 31st - Dec 16th (7 weeks)

Spring session - Jan 9th - Mar 31st (12 weeks)

*\*Summer session can be pro-rated to account for planned holiday absences.*

**Pay as you go costs £7 per class or get a discount by buying 10 or 20 class bundles.  
Flyer bootcamp is now FREE for EMCA allstar team members.**

<b>DAY</b>	<b>TIME</b>	<b>LENGTH</b>	<b>CLASS</b>	<b>NOTES</b>
Monday	17:00	1 hour	Little Flippers	Ages 3-6 years, Cheer skills & tumbling.
	18:00	1 hour	White Tumbling	
	19:00	45 mins	Flyer Boot Camp	EMCA team athletes only. Drills and stretching for flyers.
Tuesday	20:30	1 hour	Medals Tumbling	
Wednesday	17:00	1 hour	White Tumbling	
	18:00	1 hour	Black Tumbling	
	18:30	1 hour	Green Tumbling	
Thursday	16:30	45 mins	Flyer Boot Camp	EMCA Team athletes only. Drills and stretching for flyers.
	17:00	1 hour	Medals Tumbling	
	17:30	1 hour	Black Tumbling	
	18:30	1 hour	Green Tumbling	

*Please note that we require a minimum of 3 athletes in a class. In the event that the minimum number is not met for a session we reserve the right to remove the class from the schedule. In this event, any athlete registered for that class will be offered other suitable options or a refund.*