

BYRD'S COMPETITIVE TUMBLING TEAM 2017-18



Byrd's Competitive Tumbling Team is a selected group of gymnasts & tumblers that compete at meets held by the National Acrobatic Competitions (NAC). Students from throughout the greater Kansas City area participate and compete against one another for placement awards. Participating in meets with NAC is a great way for students to enhance their tumbling skills and work towards perfecting and advancing their skills as well.

Gymnasts learn a routine that consists of three tumbling passes. The routine they will learn is based on their skill level. There are ten skill levels that students can advance through from pre-school to Level 6. Additionally, there are compulsory power tumbling passes that a gymnast may be eligible to compete.

Class Requirements:

Members of the Tumbling Team must be enrolled in one weekly tumbling class. This is when the students will work on the skills within their routine.

Practice Requirements:

The Friday practices are when the students will work solely on each pass of their routine. This is the time coaches will be critiquing and perfecting the passes.

Summary: Skills are worked on in class. Passes are worked on at Friday practices.

Friday Practices:

Summer Schedule (June, July, Aug)

Third Friday of each month 5:30-7:30 pm

June 16

July 21

Aug 18

School Year Schedule (September through February)

First & third Friday of each month 5:30-7:30 pm

September 8 & 15 (rescheduled to second Fri due to Labor Day weekend)

October 6 & 20

November 3 & 17

December 1 & 15

January 5 & 19

February 2 & 16

