



# Flight Club



# Competitive Tumble Team

## January - April (optional - June)

### ***Brief overview of competition levels and passes:***

Sub-Beginner: 1st Pass: Forward roll, roll, straddle, straddle, roll

Beginner: 1st Pass: Backward roll, roll, straddle, straddle, roll  
2nd Pass: Forward roll, roll, straddle, straddle, roll

Advanced Beginner: 1st Pass: Back walkover, walkover, limber, walkover, limber  
2nd Pass: Front walkover, walkover, limber, walkover, limber

Sub Novice: 1st Pass: Running roundoff 2 flip-flops                      2nd Pass: Running roundoff 3 flip-flops

Novice: 1st Pass: Running roundoff 4 flip-flops                      2nd Pass: Running roundoff 7 flip-flops

Intermediate: 1st Pass: Running roundoff 3 flip-flops, back tuck  
2nd Pass: Running roundoff 6 flip-flops, back tuck

Sub-Advanced: 1st Pass: Running roundoff whip, whip, flip-flop, back tuck  
2nd Pass: Running roundoff whip, whip, 4 flip-flops, back tuck

Advanced: 1st Pass: Running roundoff, whip, whip, flip-flop, double-full  
2nd Pass: Running roundoff, whip, whip, full, whip, flip-flop, flip-flop, double-full

### ***Practice Requirement (beginning January 5th):***

Sub-Beginner, Beginner and Advanced Beginner levels:  
1 practice per week for 1 hour: Saturday's 9-10am

Sub-Novice - Advanced levels:  
1 or 2 practices per week for 2 hours: Friday's 5-7pm and/or Saturday's 10am-12pm

### ***Meet Requirement:***

February 18th - Hammond, IN

March 11th - Spring Valley, IL

April 29th - USTA State Meet - Rock Island, IL

June 12-16 - USTA National Championship - Ft. Lauderdale, FL - OPTIONAL (\*additional fees)

### ***Tuition: (Paid at the beginning of each month)***

Sub-Beginner, Beginner and Advanced Beginner levels: \$60 / month

Sub-Novice and above: 1 practice per week = \$88 / month

2 practices per week = \$160 / month

### ***Fees: (Paid at time of enrollment - cash or check only)***

Competition fees (does not include nationals): \$150

Competition Uniform Fee: \$50

USTA Registration Fee: \$50                      Flight Club Registration Fee: \$40

Coaches Fees: \$50                      (if not already paid - due annually for all classes)

### ***Season Dates:***

Tumble Team practice begins January 5th for Friday practices and January 6th for Saturday practices!

Athletes will practice through April and participate in the USTA State meet at the end of April! If athletes wish to continue practicing through June and they qualify, they may attend the USTA National Championship. If athletes wish to continue practicing through June and will not be attending Nationals, we will take these months to introduce the trampoline and double-mini events as well as continue their tumbling practice!

### ***Registration Meeting, Evaluations & Uniform Sizing:***

Friday December 1st, 8th or 15th from 7:30pm - 8:15pm

\*\*All team registrations must be filled out and paid in hand by December 16th\*\*

**Questions? Call us at 847-515-1935**