

BOOT CAMP FOR 7th & 8th GRADERS

Get Ready for High School Try Outs!

Back by popular demand, we are offering our **BOOT CAMP** class this winter and spring. We created this program last year for those 8th graders who did not quite have the back handspring yet and who were willing to put in the time and effort to increase their overall skills for High School try outs in the spring. Out of the 38 girls who were in the program last year, 35 of them made their high school team! We are proud of those numbers and want to continue to offer a great program to help get girls ready for their HS tryouts with tumbling, stunting, jumps, motion tech and conditioning!

WHO SHOULD SIGN UP FOR THIS CLASS?

This program is **IDEAL** for the 7th or 8th grader who does not have their back handspring yet and is willing to put in the time and effort to increase their skills before try outs!

WHAT DOES THE PROGRAM CONSIST OF?

- 1 (1.5 hr) tumbling class on the weekday of your choice (see schedule)
- Saturday tumbling + conditioning class 12:00 noon - 2:30pm includes
 - 1 hr of tumbling
 - 1 ½ hrs on jumps, stunts, motion tech, conditioning
 - Coaches to break down technique to ensure proper execution of jumps & stunts
 - Practice high-speed motion tech & dance to keep up skills
 - Go through a mock high school try out so girls are prepared and know what to expect
 - Performance for parents & friends at end of program to showcase skills they have learned (date TBA)
 - Girls will come out a well-rounded athlete making them more marketable to a high school coach

PROGRAM DATES:

- Week of January 16th - Saturday, April 28th

PROGRAM COSTS:

- \$435 for 15 weeks (4 hrs/week)
- Can pay all at once (due Jan 15th)
- OR...can pay with 3 payments due on the 15th of each month (Jan 15, Feb 15, Mar 15 set up as an automatic billing with credit/debit card @ \$145/each month)
- Includes a **BOOT CAMP** t-shirt and the final performance

Contact the office ASAP if you are interested. Limited spots in the program so HURRY!
630-588-9000 or coach@dupagetumbling.com