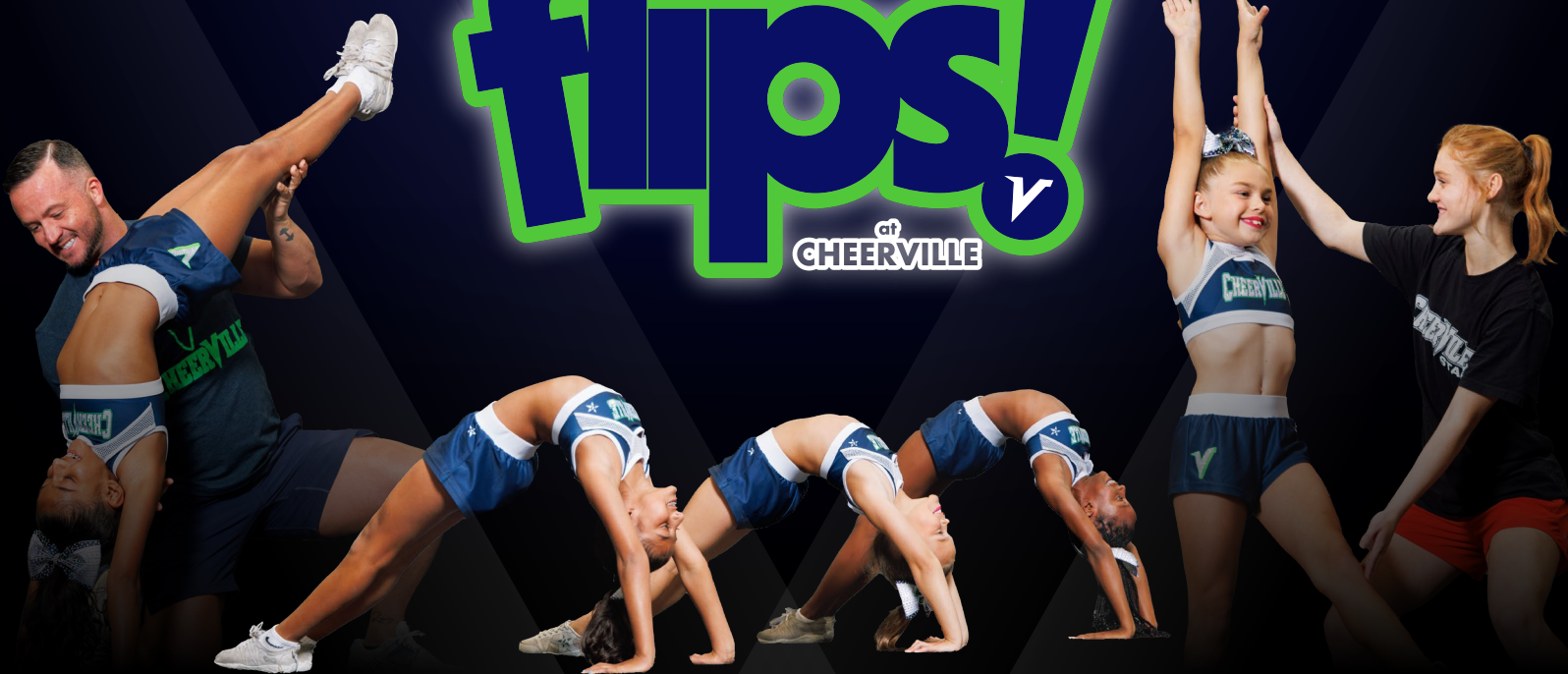


# Your First Step to Becoming an Athlete



## **CHEERVILLE**

### **Classes For All Ages & Experience Levels at a CheerVille Location Near You**

**Madison, AL** - 256.232.7650  
119 Jetplex Circle, Madison, AL 35758

**Bowling Green, KY** - 270.842.9222  
115A Chester Ct, Bowling Green, KY 42103

**Gallatin, TN** - 615.606.1510  
1022A Freedom Church Rd, Gallatin, TN 37066

**Hendersonville, TN** - 629.279.4815  
156 Bonita Parkway, Hendersonville, TN 37075

**Mt. Juliet, TN** - 615.543.1909  
5510E Division St, Mount Juliet, TN 37122

**Nolensville, TN** - 615.420.5908  
7404 Tennessee Excavating Dr., Nolensville, TN 37135

**North Canton, OH** - 330.896.6599  
7237 Whipple Ave, North Canton, OH 44720

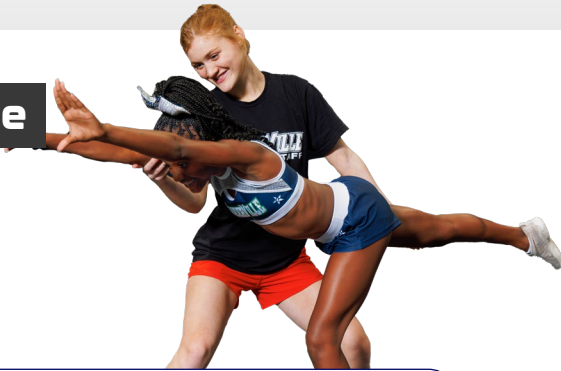


# 5 Benefits of Participating in Youth Sports

1

## Improved Academic Performance Rate

Participation in athletics during one's school years leads to greater success in academics and beyond. This can manifest in the following ways: Up to 40% higher test scores, better overall academic, higher GPAs, lower school dropout rates, and a statistically higher likelihood of attending post-graduate education.



2

## Building Bonds Through Youth Sports

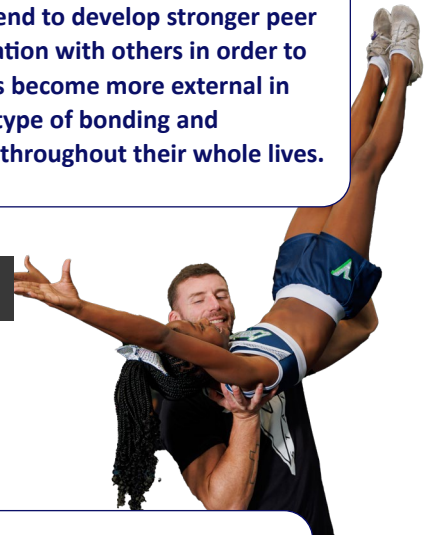
Children who participate in youth sports tend to develop stronger peer relationships. Team sports require cooperation with others in order to achieve a mutual goal. This helps the focus become more external in nature, enabling participants to learn the type of bonding and team-building skills that will be necessary throughout their whole lives.



3

## Psychological Benefits of Youth Sports

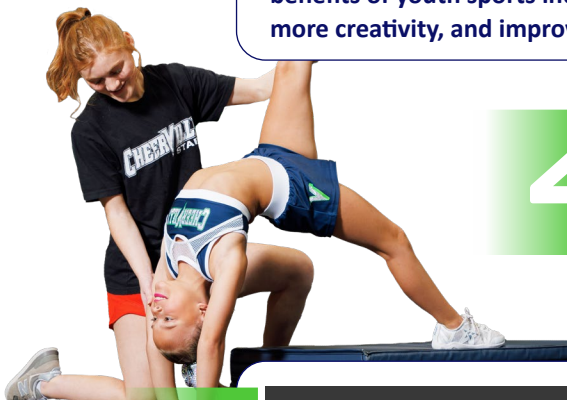
There is strong evidence that participation in sports during formative years can have a strong positive effect. Some of the psychological benefits of youth sports include: lower stress levels, greater confidence, more creativity, and improved cognitive performance.



4

## Increased Social Abilities with Peers

In a recent study, 80% of parents believe that sports helped their child learn about discipline and dedication, as well as how to get along with peer groups and in social environments.



5

## Building Opportunities for the Future

The increased levels of attainment that come with child development through sports extend well beyond the classroom and later into life. Research suggests that former student athletes are more productive at work and see as much as 7%–8% higher annual earnings than those who did not participate in youth sports.





## FIRST CLASS IS FREE!

Introducing Flips! recreational tumbling programs, where we are dedicated to developing athletes to reach their maximum potential in tumbling. Our enriched program focuses on positive coaching to boost both confidence and skills in every child. Whether your child is mastering the fundamentals of tumbling or honing elite skills, our expert staff employs a range of drill-based structures tailored to meet your athlete's specific needs.



### Flips! Tumble Program

Registration	\$40 annually
Tuition	\$75 monthly
Duration	1 hour weekly

### Enroll into a FREE Trial Class at CheerVille

To sign-up for a FREE Trial Tumble Class, follow these steps:

- Select the Parent Portal at [www.CheerVille.com](http://www.CheerVille.com).
- Create an account for your athlete.
- Locate "Enroll" and find a class best for your schedule.
- Select Trial Class.

## INVOICE & PAYMENTS

CheerVille requires a card to be on file for auto draft. We will run your payment on the 1st of every month. The only way to opt-out of keeping a valid card on file is to pay your season in full. There is no exception to this rule. You may make your payment prior to the first if you do not wish for your fees to be drafted using the card on file.

You will be emailed a statement on the 25th of each month as a reminder of the fees that will come out on the 1st. If your payment is declined, you will receive an email and/or a phone call. **If your account remains past due by the 10th of the month, you will receive a \$20 late fee and your athlete will be asked to sit out of practices and classes until the balance is paid.** *If you know in advance that a payment may need to be paid a few days late, email Michelle Rogers ([mrogers@cheerville.com](mailto:mrogers@cheerville.com)) so she can note your account. Late fees may apply.*

## WHICH CLASS IS RIGHT FOR MY CHILD?

FLIPS!  
TINY TUMBLE



FLIPS!  
FUNDAMENTALS



FLIPS!  
BEGINNER



FLIPS!  
INTERMEDIATE



FLIPS!  
ADVANCED

Ages 3-5

Ages 6+

Class placement will be based off of skill observation in a trial class. After the class, your instructor will introduce themselves and provide feedback on how your child did in class. They will confirm which class is best for your athlete and guide you to the front desk to enroll into a weekly class.





## Flips! Tiny Tumble Class

**Ages 3-5**

**No Experience Needed**

This class focuses on providing a fun and educational experience for children ages 3-5 years old. Tiny Tumble will introduce a beginner level of tumbling for children to master the foundational shapes to prepare them for a more skill-intensive class. Each class will be guided by a tumbling instructor and teach proper stretching, include a trampoline warm up, and drill strength-based shapes and introductory tumbling skills.

### Skills Trained:

LUNGE  
LEVER  
L-STAND  
TABLE TOP  
SUPERMAN  
HANDSTAND  
FORWARD ROLL  
BACKWARD ROLL  
PUSH UP TO BRIDGE  
CARTWHEEL



## Flips! Fundamentals Class

**Ages 6+**

**No Experience Needed**

In Flips! Fundamentals, athletes will begin developing shapes and strength, while learning the love of tumbling. This class will instruct rolls, handstands, cartwheels, and bridges. Athletes will set a strong foundation in this class to prepare them to acquire more advance skills such as front and back walkovers. During your free trial class, this class will determine the appropriate level for your athlete. The instructor will provide a recommendation for the correct class.

### Skills Trained:

LUNGE-LEVEL-L STAND  
TABLE TOP  
CANDLESTICK  
HANDSTAND  
FORWARD ROLL  
BACKWARD ROLL  
PUSH UP TO BRIDGE  
STANDING BACKBEND  
BRIDGE KICKOVER  
HANDSTAND FALL TO BRIDGE  
CARTWHEEL



## Flips! Beginner Class

**Ages 6+**

**Prerequisite - see chart**

Flips! Beginner Class introduces skill building using a variety of drills in our top-quality facility. After training in this class, athletes will have the ability to properly execute all beginner skills with correct technique. Once your athlete masters surface level skills, they will be able to advance into the Flips! Intermediate Class to begin training their back handspring skills.

### Skills Trained:

FORWARD ROLL  
BACKWARD ROLL  
HANDSTAND (HOLD)  
CARTWHEEL  
ROUND OFF  
FRONT LIMBER  
FRONT WALKOVER  
BACK WALKOVER



## Flips! Intermediate Class

**Ages 6+**

**Prerequisite - see chart**

In Flips! Intermediate Class, athletes are now ready to progress their tumbling abilities with standing and running back handspring skills. This class will focus on building strength and speed to increase power in their tumbling abilities. This class is great for school cheerleaders in need of developing tumbling for their team.

### Skills Trained:

BACK HANDSPRING  
RO BACK HANDSPRING  
JUMP BACK HANDSPRING  
RO HANDSPRING SERIES  
JUMP BACK HANDSPRING



## Flips! Advanced Class

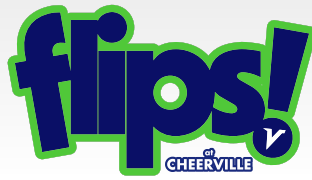
**Ages 6+**

**Prerequisite - see chart**

At this stage of training, athletes have mastered their intermediate tumbling skills and are ready to advance. This class will develop airborne skills such as tucks, layouts, and fulls. Instructors take a hands-on approach to build confidence with athletes to help them excel in their tumbling future!

### Skills Trained:

ROUND OFF TUCK  
RO BACK HANDSPRING TUCK  
STANDING TUCK  
CARTWHEEL - TUCK  
RO BACK HANDSPRING LAYOUT  
JUMP TO TUCK  
SPECIALTY TO LAYOUT  
RO BACK HANDSPRING FULL  
CARTWHEEL - FULL  
SPECIALTY TO FULL



## REPORT CARD RULES

### TUMBLING ASSESSMENT PROCESS

Tumble Assessments take place every other month. These are a great way track your athlete's skill progression and receive feedback from our CheerVille Staff. If your athlete is close to leveling up to the next class, or a coach is recommending they be evaluated, please utilize the Parent Portal, and register for the next **Tumbling Assessment** (Some locations may complete their tumble assessment during class time). If you are unavailable that day/time, you will have the option to schedule a private lesson with an authorized coach through the Setmore platform that can be located on our CheerVille website.

Athletes in the following classes may be evaluated bi-monthly:

- **Flips! Tiny Tumble (5 year olds) Fundamentals! Class, Beginner Class, Intermediate Class, Advanced Class**

Every athlete must achieve **3 STARS** in order to "level up" and test out of their current class. After leveling up, ***all athletes are expected to maintain a mastery of the previous level skillset*** to be enrolled in their current tumbling class. Inconsistent skills may result in an athlete being moved down to refine their lower level skills.

### ATTENDANCE POLICY

Please make sure your athlete is attending each class they are enrolled in as attendance will be taken for all classes. Flips! class athletes who miss **THREE** classes in a row may be removed from the class roster to allow anyone on a waitlist to join the class.

### Locate Tumble Assessment

Coaches will provide feedback under each skill for areas of improvement. To view your athlete's evaluation results:

Parent Portal



Evaluations



Select Class

### Skill Rating Chart

1 ★

**Attempted.**

(skill was attempted, but did not complete correctly)

2 ★★

**Needs improvement.**

(technique was lacking or skill was inconsistent)

3 ★★★

**Mastered.**

(technique was strong, skill consistently performed)

# FREQUENTLY ASKED QUESTIONS

## ***HOW DO WE KNOW WHICH CLASS IS A GOOD FIT?***

Upon your free trial class, your instructor will provide thorough feedback. They will assess your athlete's skills and recommend which class will be the right fit for them to continue to develop.

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## ***HOW MANY ATTEMPTS ARE ALLOWED PER SKILL?***

Athletes are allowed two attempts for each skill when being evaluated.

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## ***WHAT IF WE MISS THE TUMBLING ASSESSMENT?***

If you are unavailable that day/time, you will have the option to schedule a private lesson with an authorized coach to be evaluated. Please click on the private lesson link on our website at [www.CheerVille.com](http://www.CheerVille.com).

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## ***WHAT HAPPENS WHEN MY CHILD LEVELS UP?***

Your athlete's class transfer will need to be completed through the Parent Portal. These steps include:

*Access the Parent Portal > Under Student's Name, Click Enrollment > Transfer Enrollment and Select New Class.*

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## ***WHAT IF WE MISS OUR SCHEDULED TUMBLING CLASS?***

As a courtesy, we offer makeup tokens for missed classes. You can use these tokens in your Parent Portal to schedule a makeup class. You are limited to 2 makeup tokens per month, however, if you miss more than two classes in one month, please consult the Parent Portal to find a class that works better for your schedule.

Athletes who miss 3 classes in one month may be dropped from the class.

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## ***WHAT HAPPENS WHEN THE GYM IS CLOSED FOR A HOLIDAY?***

When the gym is closed, makeup tokens will be given for all tumble, flyer, flex, and jump classes. We will remain open for all scheduled private lessons and birthday parties over the holidays. Makeup tokens for gym closures do not count towards your 2 token monthly limit.

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## ***WHAT IF MY ATHLETE IS STRUGGLING ON A TUMBLE SKILL?***

Each month, your gym provides tumbling skill clinics that are geared towards skill-specific drills for focused training. Athletes may also schedule private lessons with an authorized coach by clicking on the private lesson link on our website at [www.CheerVille.com](http://www.CheerVille.com).



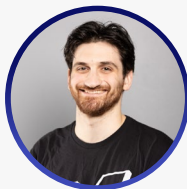
## TUMBLING PROGRAM LEADERSHIP TEAM



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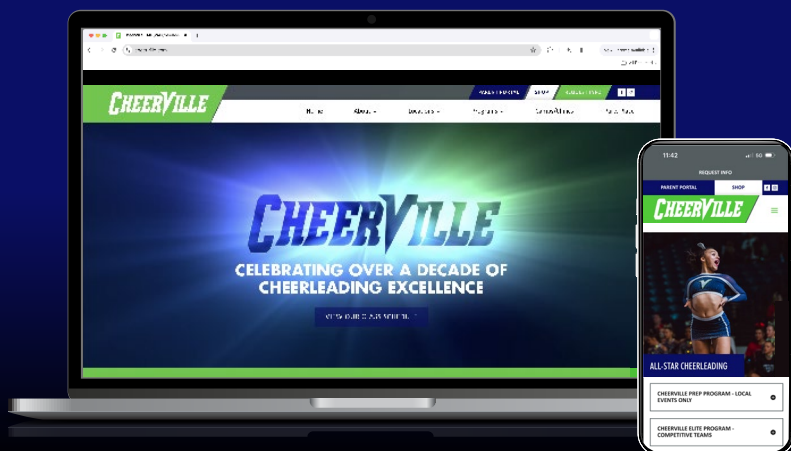
**Michelle Rogers**

*Accounts Manager ([mr Rogers@cheerville.com](mailto:mr Rogers@cheerville.com))*

Questions about invoicing and payments.

VISIT OUR WEBSITE: [WWW.CHEERVILLE.COM](http://WWW.CHEERVILLE.COM)

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