



NCATA

NATIONAL COLLEGIATE ACROBATICS & TUMBLING ASSOCIATION

**Collegiate
Opportunities in
Acrobatics & Tumbling
for Athletes and Judges**

Today's Discussion

- Acrobatics & Tumbling overview
- Our Student-Athletes
- Future Student-Athletes
 - Scholarship Opportunities & the Recruitment Process
 - Tips for Coaches
- Judging with the NCATA

Acrobatics & Tumbling Meet Format

<https://www.youtube.com/watch?v=RTWmhXhLCBY&t=127s>

Collegiate Competition

- Sponsored as a varsity sport on 31 campuses nationwide
- Varsity sport = treated like all other sports teams
- Created to provide opportunities for young women to compete who may not have a NCAA Gymnastics opportunity

Is this an NCAA Sport?

Emerging Sport Process



Committee on
Women's Athletics
Recommendation
(Made June 2019)

Each Division drafts
legislation and votes
(January/April 2020)

With affirmative
votes, will be added as
an NCAA emerging
sport for the 2020-21
Academic Year

Upon reaching 40
NCAA competing
members, eligible to
become an NCAA
Championship Sport
(Currently 29 NCAA)

Championship Opportunities

- NCATA National Championships includes team tournament and event finals.
 - 8 team single-elimination tournament.
 - 5 qualifiers for each event final heat in Acro, Pyramid, Toss and Tumbling events.
 - Held each April on a NCATA member campus.
- Mountain East Conference (NCAA Division II) hosted the first conference championship in 2019.
- Competitions sanctioned through USA Gymnastics.

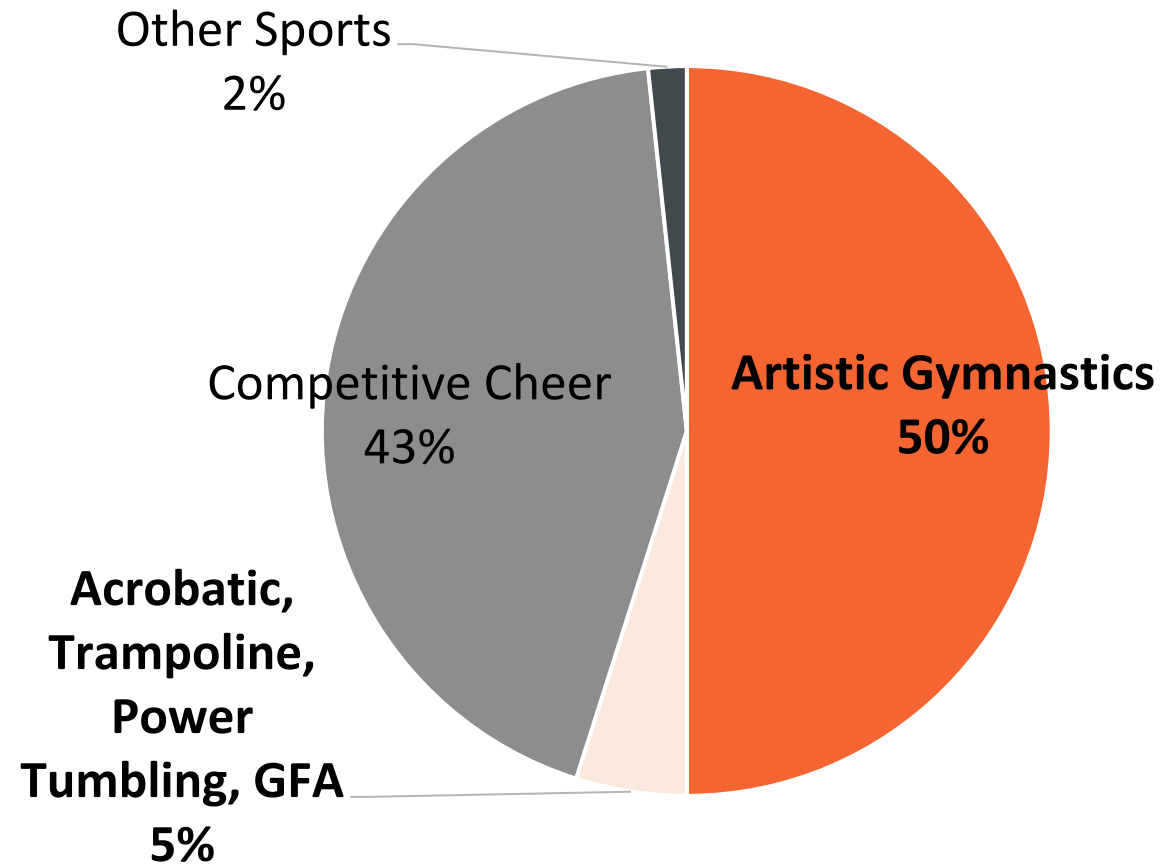


**MOUNTAIN
EAST**



Our Student-Athletes

Student-Athlete Experience (High School)



Our Student-Athletes

- Beyond competition while on campus...
 - Represented their institution academically, honors on their campuses
 - Represented their institution at the Conference and National Level on their Student-Athlete Advisory Committee
 - Represented USA through National Team competition



NATIONAL COLLEGIATE
ACROBATICS & TUMBLING ASSOCIATION

Bravo, Alonzo Shine at 2018 USA Gymnastics Championships



...And Their Future

- Post-collegiate opportunities...
 - Careers in their field of choice
 - International competition with USA Weightlifting
 - NCATA Coaches and Officials



Acrobatics & Tumbling | 6/27/2019 10:49:00 AM | QU Athletic Communications

Johnson '16 to Compete on NBC's American Ninja Warrior

Former Acrobatics and Tumbling All-American to Appear on Monday, July 1 at 8 PM

Future Student-Athletes and the Recruitment Process

What level of gymnasts are recruited?

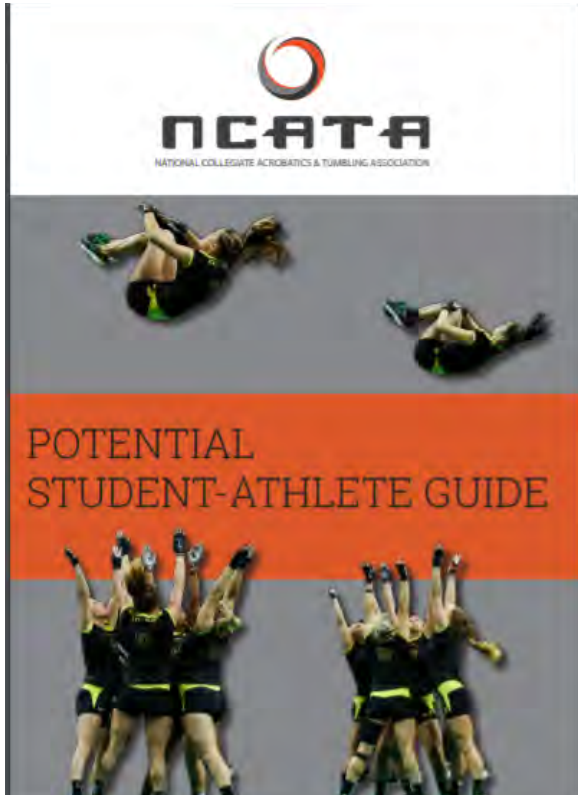
- Athletes include all different body types for different skill positions
- Athletes may specialize within events
- Level of gymnast in Artistic Gymnastics can vary by institution, but NCATA members have recruited:
 - JO Optional Level gymnasts
 - Xcel gymnasts (Platinum and Diamond)
- Various levels within disciplines:
 - Acrobatic Gymnastics
 - Trampoline & Tumbling
 - Gymnastics For All

Scholarship Opportunities

- Scholarship opportunities at member institutions may include:
 - Athletic Financial Aid
 - Academic or other aid
- Teams use equivalency scholarship model (similar to baseball, soccer, softball)
 - Example: Division I team has a maximum 12 total athletic scholarships they can provide that may be divided amongst many athletes on the team
 - Division III institutions are not allowed to offer athletic scholarships, however they have substantial academic aid to offer

DIVISION I	DIVISION II & NAIA	DIVISION III
		
Maximum of 12	Maximum of 6	No athletic scholarships. Other financial aid may available at the institution.

Steps in the Recruiting Process



Arizona Christian



Posted: Mar 21, 2017 [Like 2](#) [Tweet](#)

Location: Phoenix, Ariz.
Founded: 1960

Enrollment: 800
President: Len Munsil

Nickname: Firestorm
Colors: Red and Black

Affiliation: NAIA

Athletics Conference: [Golden State Athletic Conference](#)

Athletics Director: Jeff Rutter

A&T Head Coach: [Brandy Duren](#)

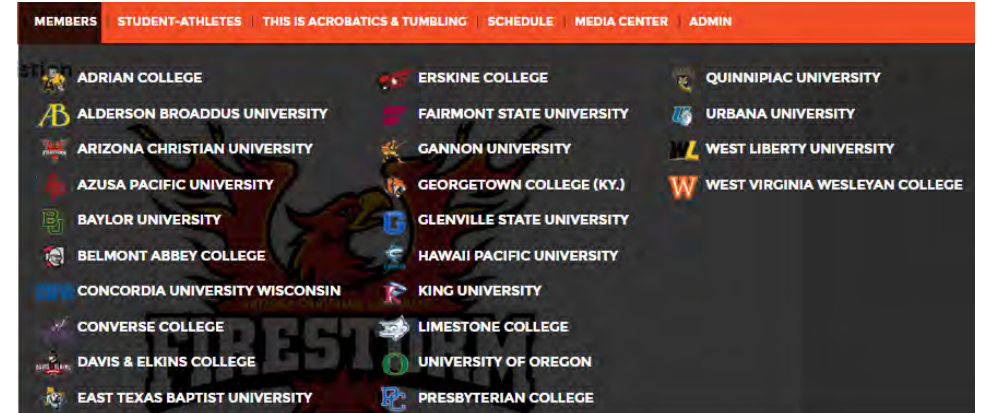
Website: [ACUFirestorm.com](#)

Information for Recruits: [Click Here](#)

Team Social Media Pages: [Coming Soon](#)

Athletics Address:
2625 East Cactus Road
Phoenix, Arizona 85032

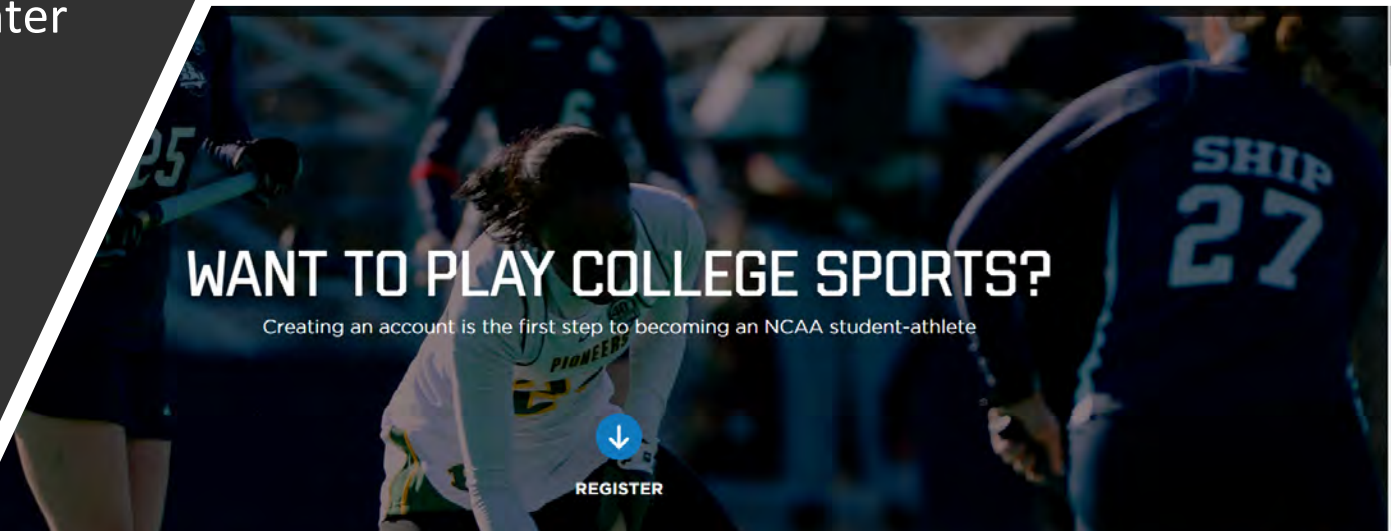
Updated Jan. 31, 2018



1. Visit www.thencata.org

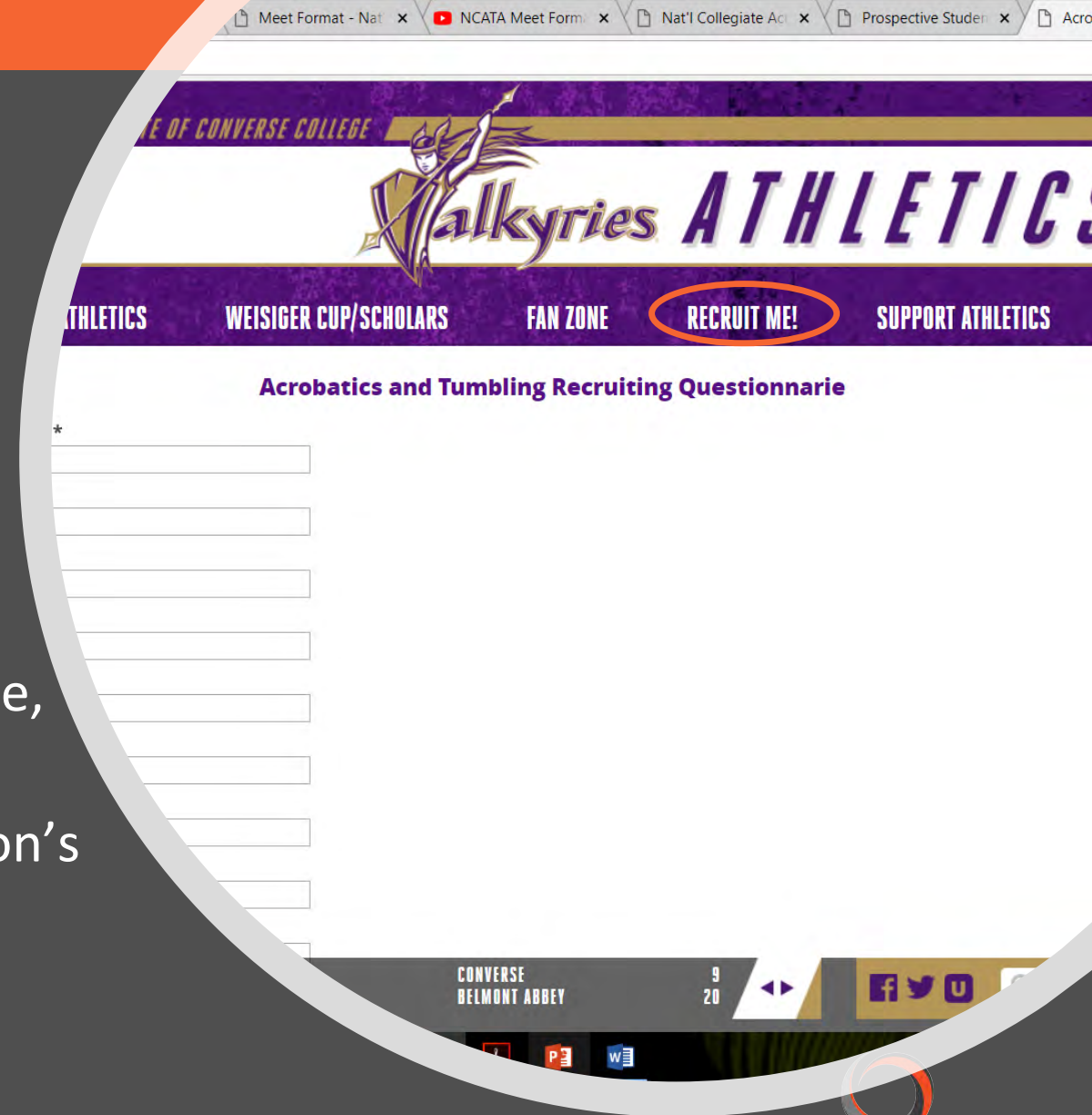
2. Initial Eligibility

- Register with the NCAA or NAIA Eligibility Center
 - NCAA – Register under Gymnastics :
https://web3.ncaa.org/ecwr3/?DB_OEM_ID=9600
 - NAIA – Register under Cheer/Dance:
<https://www.playnaia.org/eligibility-center>
- Take the SAT or ACT
- Core courses required



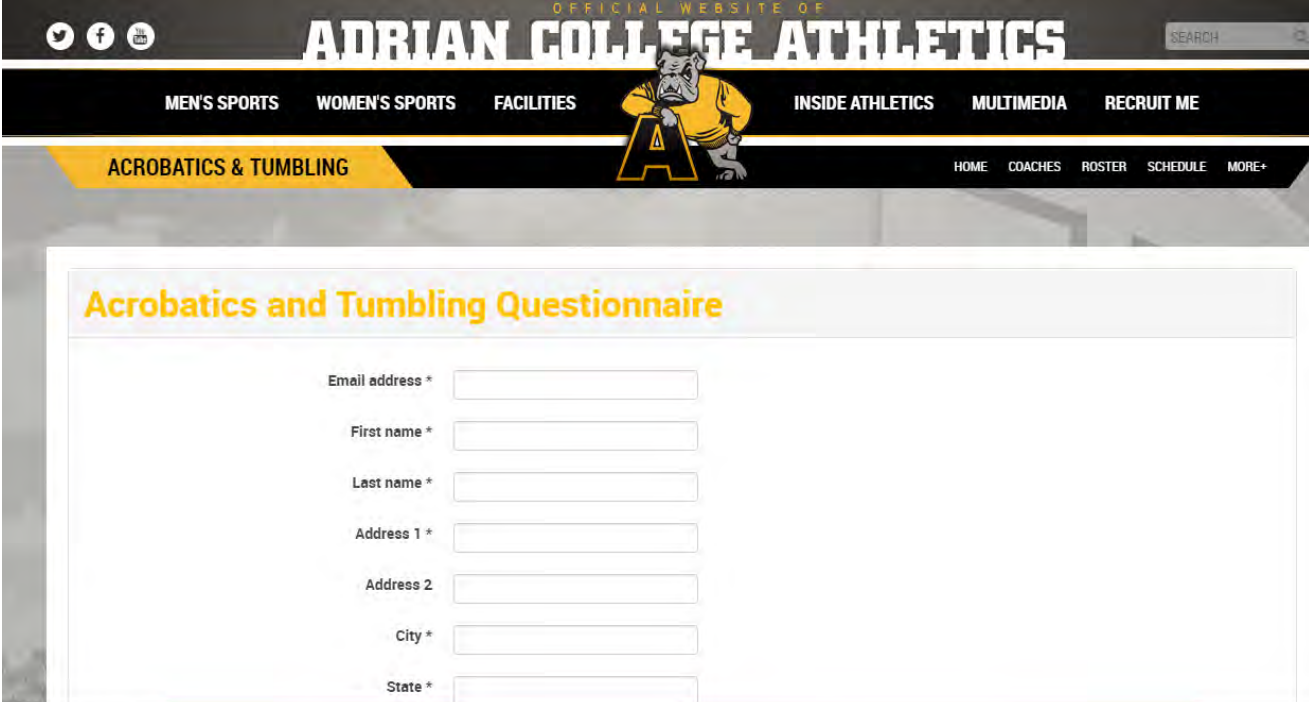
3. Research and Contact

- Research institutions of interest
 - Entrance requirements - i.e. SAT/ACT/GPA requirements
 - Location, academic programs, enrollment size, etc.
- Complete a recruit questionnaire on an institution's athletic website



3. Research and Contact (Cont.)

- Athletes should reach out to coaches directly to express their interest.
 - When contacting coaches please provide your student-athlete number that the eligibility center assigns
- Each division has rules specific to when coaches can contact student-athletes.
 - If contacted by an athlete during one of those times, the coach will let them know contact is limited and can provide further information



The screenshot shows the official website of Adrian College Athletics. The header includes social media icons for Twitter, Facebook, and YouTube, followed by the text 'OFFICIAL WEBSITE OF ADRIAN COLLEGE ATHLETICS' and a search bar. Below the header is a navigation menu with links for 'MEN'S SPORTS', 'WOMEN'S SPORTS', 'FACILITIES', 'INSIDE ATHLETICS', 'MULTIMEDIA', and 'RECRUIT ME'. A central graphic features a bulldog mascot and a large letter 'A'. A secondary navigation bar highlights 'ACROBATICS & TUMBLING' and includes links for 'HOME', 'COACHES', 'ROSTER', 'SCHEDULE', and 'MORE+'. The main content area displays the 'Acrobatics and Tumbling Questionnaire' form, which includes the following fields:

- Email address *
- First name *
- Last name *
- Address 1 *
- Address 2
- City *
- State *

4. Share Your Skills

- Write a short biography including – academics, activities, honors, as well as your competition history, team information and skill set.
- Make a Recruitment Video, Instagram profile or YouTube Page –
 - Prioritize safety!
 - Contact coaches to learn which skills they would like to see you execute.
- Video may include:
 - Running tumbling passes – ex. back and/or front tumbling
 - Standing tumbling – ex. back handspring, standing back tuck
 - Balance skills – ex. handstand hold, press handstand, pike hold
 - Any other skills or abilities you would like to highlight from practice or competition
 - Other skills requested by the coach
- Tumbling passes may be on a spring floor, trampoline, air floor, etc.

The image shows a screenshot of a YouTube channel page for 'Allie Alaman'. The channel has 6 subscribers. The 'Uploads' section displays a series of five short videos, each with a duration of approximately 5-6 seconds. The videos are titled: 'Standing full into the pit', 'Round off Arabian !!!', 'Standing 2 to a full! Lol almost there !!!', 'Standing 2 to a layout', and 'Round off backhand spring full'. Each video has a view count and a timestamp of '5 years ago'. The left sidebar shows navigation options like Home, Trending, Subscriptions, Library, History, Watch later, and Liked videos. The top navigation bar includes the YouTube logo, a search bar with 'alie alaman', and icons for video upload, grid, chat, notifications (9+), and profile.

Video Format


- Recruits generally provide videos to coaches in one of a few ways
 - Athlete YouTube Page
 - Compiled highlight video (typically a few minutes in length)
 - Send series of short videos highlight skills they are working on.

5. Learn More

- Attend camps at a college:
 - Sport and skill exposure
 - Learn directly from college coaches and current student-athletes
- Follow the NCATA and NCATA member institutions social media accounts
- Attend a meet at a NCATA member institution near you
- Watch online – most NCATA member institutions live stream their meets

ABOUT THE NCATA | MEMBERS | STUDENT-ATHLETES | THIS IS ACROBATICS & TUMBLING | SCHEDULE | MEDIA CENTER | ADMIN

NCATA Member Institutions Announce 2019 Summer Camps



Posted: May 22, 2019 [Tweet](#)

National Collegiate Acrobatics & Tumbling Association (NCATA) member institutions have announced summer camp information for 2019. Find camp and registration information for programs from around the country below.

Azusa Pacific University
Acrobatics & Tumbling Day Camp | [Click here to register](#)
Date: July 12, 2019 (at Felix Event Center)
Time: 9 am-5 pm



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Tips for Coaches & Gym Owners

1. Invite NCATA coaches speak to your staff, gymnast, and parents – reach out to teams in your area.
2. If your optional teams are traveling to invitationals near a member team – reach out to that coach.
3. Become an Official – learn elements and deductions.
4. Watch meets online.



Retention at Your Gym

- Collegiate opportunities in Acrobatics & Tumbling can assist in retention.
 - Multi-sport athletes
 - Less rigorous training schedule
 - Recovering from injury
 - Applying skill set in a new format



Judging with the NCATA

Certification Process

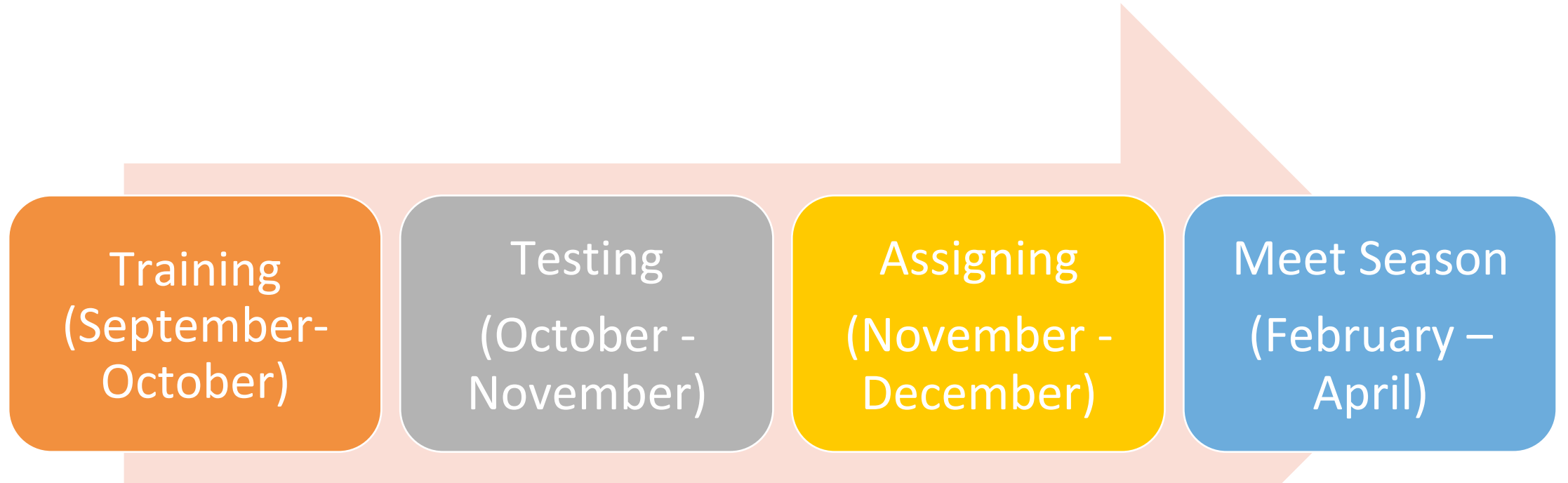
- Our officials pool experience is equally as diverse as our student-athletes.
- A great way to learn the sport for individuals coaching potential student-athletes or have an interest in coaching Acrobatics & Tumbling in the future
- Certification process
 - Two part training session completed on Webex
 - Completion of a written and practical test completed online
 - Certification for four years

Meets

- **3 Officials on Meet Day**
 - Head Official
 - 2 Execution Officials
- Officials have the ability to be assigned to meets throughout the country.
- Opportunities to judge Conference and National Championships.



Training Timeline



Collegiate Growth

- Opportunities in Acrobatics & Tumbling
 - Student-athletes
 - Coaches
 - Officials
- Contact the NCATA
 - Coaches – Janell Cook – janell.cook@thencata.org
 - Officials & General Questions – Heather Ould – heather.ould@thencata.org

Questions?

www.thencata.org

