

ACROBATIC GYMNASTICS

How to Start an Acro Program
and Develop Your Pre-Team



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WEBINARS

What is Acro?



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- Acro is the combination of:
 - Artistic Gymnastics
 - Pairs Figure Skating
 - Cirque du Soleil Acrobatic elements



Pair/Group Definitions



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Women's Pair



Women's Group (3)



Men's Pair



Mixed Pair



Men's Group (4)



Exercise Definitions



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- Balance Exercise
 - Static elements, pyramids, and lifts
 - Showcases strength and flexibility
 - Individual elements show flexibility, strength, and agility



Exercise Definitions



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- Dynamic Exercise
 - Partner throws and pitches
 - Catches, re-catches and dismounts
 - Involves flight and motion
 - Individual elements show tumbling and leaps



Exercise Definitions



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- Combined Exercise
 - Balance elements
 - Dynamic elements
 - Demonstrates athletes versatility



Benefits for your gym



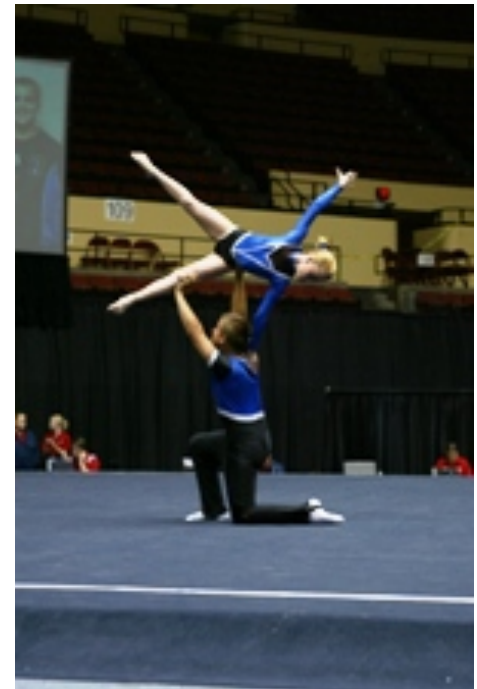
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- Adds an additional program to your gym, setting you above other gyms
 - Quickly and inexpensively!
- Unique advertising and marketing for your gym
- Attracts new athletes and retains your current athletes
- Provides more choices for students
- Offers more competitive outlets
- Captures additional revenue

Benefits for the athletes



- Gymnasts can do acro in addition to current disciplines
- No weight or size consideration for athletes
 - All body types are needed
- Fewer age limitations which leads to a wider window of opportunity to accomplish goals
- Less training hours
- Helps athletes build life skills and lifelong friendships



Educate Your Clients!



- Create a Bulletin Board
 - What is Acro?
 - Pictures
 - Definitions
- Show Videos
 - Run videos on your lobby tv
 - Best way for people to understand what it's all about
- Bring in a Local Club to Demo
 - Contact a mentor club in your area to bring their athletes to introduce the sport to your rec and team athletes



Give them a taste!



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- Spend the last 5 minutes of each regular gymnastics class working on basic level 4 and 5 skills
- Give them a challenge!
 - Put skill pictures on the wall and challenge your students or team athletes to re-create the skill
- Incorporate acro skills into your team demo or summer camp

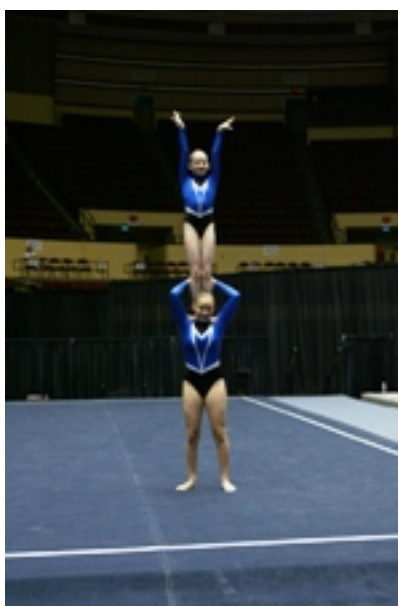


Recruitment



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- Begin in your advanced rec classes
 - Focus on pulling from tumbling classes as well as gymnastics
 - You will need to recruit various ages and sizes



Sell it!

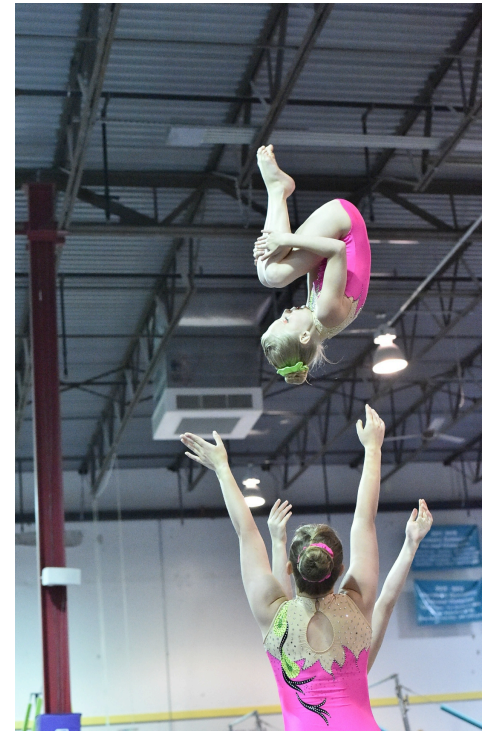


- Send home an “invitation letter”
- Provide ALL info including days/times/costs and what the class will focus on
- Give your email and ask for a response either way so you can track your recruitment process
- 6 is a good number to start with

Typical Training Hours



- Pre-Team – 2x week for 1-2 hours



Equipment



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- Acro Blocks are the only “acro specific” equipment you need
- You can do shapes on a low balance beam as well



Training your Staff

- For the most part, Acro Pre-Team skills are the same shapes and basic tumbling elements as regular gymnastics
- Focus on floor/tumbling/trampoline with the addition of blocks and basic acro skills
- Proper hand grip on blocks is important
- Utilize USAGym routine videos



Block Positions



- Videos
 - Tuck
 - Pike
 - Straddle

Typical Practice



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- Warm up – 15min
 - Cardio, stretching, splits
- Tumbling Stations – 15min
 - Cartwheel drills
 - Handstands
 - Rolls
 - Boulder drills
 - Bridge kickovers
- Blocks – 15 min
 - Tuck, pike, straddle, standing
 - Incorporate contests
- Acro Skills – 15 min
 - Level 5 pairs/trios



Typical Practice

- Trampoline/Tumble Trak– 15min
 - Jumps
 - Tumbling
- Conditioning – 15min
 - Stations
 - Races
 - Combine with trampoline
 - Conditioning cards
- Adjust times for a longer practice
- Rotate activities for a shorter practice
- Keep things moving!



Skill Progression Ideas



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- Videos
 - Organization
 - Progressions



Plan an Exhibition



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- Towards the end of the session plan a “show and tell” for the parents
- Incorporate blocks
- Use compulsory music and incorporate simple parts of the level 5 routine
- Follow up with information about the competitive team
 - Give each pre-team family free admission to your home meet

Contact Information



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