



CheerForce WolfPack USA

Tumbling Registration

Name:	Address:
School:	E-Mail:
Age:	Phone#
Sex: <input type="radio"/> Men <input type="radio"/> Female	Instruction Level: <input type="radio"/> Level I <input type="radio"/> Level II
Allergies - Please list:	Tumbling Experience: <input type="radio"/> Beginner <input type="radio"/> Intermediate <input type="radio"/> Advanced
Health Ins. Name & card #:	
Wednesdays <input type="radio"/> 6:00pm <input type="radio"/> 7:00pm	Thursdays <input type="radio"/> 5:00pm <input type="radio"/> 6:00pm <input type="radio"/> 7:00pm

***** Your chosen class time may change depending on the number of registrants*****

****Missed classes CAN NOT be made up****

Summer Session "2008" July 9th - August 14th 4-6 week session <small>*Must Sign up for a MINIMUM of 4 classes*</small>	Choose your Class: <input type="radio"/> Wednesday w/ Coach John- 4 Classes- (WP) \$48 - \$60 <input type="radio"/> Wednesday w/ Coach John- 6 Classes- (WP) \$72 - \$90 (Must have a min. of standing back handspring for Wednesday)
	<input type="radio"/> Thursday w/ CFWP USA Coach- 4 Classes- (WP) \$40 - \$52 <input type="radio"/> Thursday w/ CFWP USA Coach- 6 Classes- (WP) \$60 - \$78

Are you a WolfPack Athlete - YES NO

Registration fee \$45.00 (2008 one time fee)

Beginner : Front & Back Rolls / Cartwheels / Hand Stand Roll / Round Offs / Beg. Back Walk Over

Intermediate: Back Walk Over's / Back Handspring / Back Tucks

Advanced: Back Tucks / Twists / Lay Outs

Level I Instruction

Level I Instruction emphasis will be on developing proper handspring technique through proper instruction on the phasis of the handspring. It is also for round offs, round hand springs and for those wanting to be introduced to beginning back walk over's. It will involve conditioning and strength training to develop your strength and stamina.

Level II Instruction

Level II Instruction emphasis will be on "light" spotted standing elements (handsprings & tucks). As well will involve instruction in tumbling pass elements such as layouts and full's.