



ARCANE ATHLETICS

ARCANE ASCEND: LEVEL STUNT CLINICS

**NEW AND
EXPERIENCED
CHEERLEADERS
WELCOME!**

**COME GROW YOUR
SKILLS FOR NEXT
YEAR!**

**\$50 PER
SESSION**

**PREVIOUS EXPERIENCE
IN DESIRED ROLE
REQUIRED FOR LEVELS
3 AND UP.**

**SEE NEXT IMAGES FOR
DETAILS**

SUNDAY - MARCH 15TH

LEVELS 1-2

**3:00PM-4:30PM
AGES 5-18**

LEVELS 3-4

**4:30PM-6:00PM
AGES 7-18**

SATURDAY - MARCH 28TH

LEVELS 5-6

**6:00PM-7:30PM
AGES 7-18**



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LEVEL PRE-REQUISITES

LEVELS 1-2

- NO PRE-REQUISITES NECESSARY

LEVELS 3-4

- EXTENSION CRADLE
- TWISTING STUNT EXPERIENCE
- STRONG SINGLE LEG FLYING

LEVELS 5-6

- FULL TWISTING STUNTS TO SINGLE LEG
- RELEASED INVERSIONS STUNTS
- SWITCH UP TO EXTENSION



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FAQ'S

WHAT LEVEL SHOULD I ATTEND?

YOU SHOULD ATTEND ANY LEVEL YOU ARE CURRENTLY WORKING, ESPECIALLY IF THE PREREQUISITES FOR THE NEXT LEVEL ARE STILL CHALLENGING. IF PREREQUISITES ARE COMFORTABLE, THE NEXT LEVEL IS RECOMMENDED AS WELL.

WHAT POSITION WILL I BE?

OUR COACHING STAFF WILL WORK WITH YOU TO HELP YOU GROW IN YOUR DESIRED ROLE EFFECTIVELY. DUE TO THE NATURE OF STUNTING AND ROUTINE COMPOSITION, SOME FLEXIBILITY IN OTHER ROLES MAY BE REQUIRED AND IS OFTEN BENEFICIAL FOR ATHLETE DEVELOPMENT. LEVEL 3+ ATHLETES SHOULD HAVE PREREQUISITE EXPERIENCE IN THEIR DESIRED ROLE.

CAN I ATTEND MORE THAN 1 CLINIC?

YES, YOU CAN ATTEND UP TO TWO ADJACENT SESSIONS. OUR RECOMMENDATION IS TO STRENGTHEN YOUR CURRENT LEVEL AND ADD THE NEXT LEVEL. WE WILL NOT HONOR LEVEL 1&2 SIGN UPS AS WELL AS 5&6 SIGN UPS TOGETHER.

DO I NEED TUMBLING TO ATTEND?

NO YOU DO NOT NEED TUMBLING TO ATTEND AS THESE CLINICS ARE FOR LEARNING PURPOSES ONLY.