



Tumbling Private Opportunities for SuperCDA Athletics

Types of Private Lessons Available:

- Pop-Up Privates are posted on IClassPro. The duration and frequency are based on gym schedule and coach availability. Pop-Up Privates will be coach and level specific. Coaches are prohibited to obtain private lessons outside of their qualified skill ranges. Pop-Up Privates are under Bookings>Tumble Clinics
- Member Request Privates are available based on the above criteria but scheduled by member request with a specific coach. Pending availability, an appointment will be made in IClassPro and not open to public sign-up. Requests can be emailed to Contact@SuperCDA.com Please include the following information: Athlete's full name, current skill level, preferred coach, and timeframes of availability.
- Private Packages are available in 4 and 8 week options. Privates are to be scheduled 1-2 times per week and completed in consecutive weeks to promote consistency and athletic growth. Requests can be emailed to Contact@SuperCDA.com Please include the following information: Athlete's full name, current skill level, preferred coach, and timeframes of availability.

Eligibility

- Athletes must be members of SuperCDA
- Athletes are to be actively enrolled in at least 1x per week and/or have purchased a Private Package (min 4-weeks).
- Athletes must exhibit focused energy and effort.

Private [1:1 instruction] for Tumbling:

The intended purpose is to allow athletes one on one instruction for better comprehension of a skill set learned in class, not to create a quick fix. To promote organizational unity, it is important that the message stays consistent with clients. We want to be sure that we aren't selling false progress. Consistency and attendance of regular weekly or bi-weekly class structures are the most valuable to any athlete.

Cost

- 30 min Private Cost: Starting at \$50/private
- 1-hr Private Cost: Starting at \$80/private
- 1-hr Semi-Private Cost: Starting at \$120/private
- Payments will be made through the IClassPro membership portal. No cash will be exchanged from client to staff.

Semi-Private for Tumbling or Cheer Skills:

Semi-Private lessons are available for up to four athletes or similar skill levels at a time. Semi-Privates are available only through scheduling with the Facility Manager or gym Directors. The intended purpose of semi-private lessons is to allow athletes to work in small groups when needed for skill comprehension or adapted teaching. Private lessons are not intended to speed up the process of progressive skill building or a guarantee of a new acquired skill. SuperCDA policies on private eligibility promote athlete consistency and attendance of regular weekly scheduled classes to best support athletic development.

Cost

- 30 min Private Cost: Starting at \$50/private



- 1-hr Private Cost: Starting at \$80/private
- 1-hr Semi-Private Cost: Starting at \$120/private
- Payments will be made through the iClassPro membership portal. No cash will be exchanged from client to staff.

Quad Stunt & Coed Stunt Privates

Quad Group \$100/hr 4-5 people / 1 SuperCDA STAFF +\$25 for an extra staff spotter

Coed Group \$90/hr 2-3 people / 1 SuperCDA STAFF +\$25 for an extra staff spotter

Get the individualized attention you crave with a Quad/Coed Stunt private. Schedule a quad private for a complete stunt group of 4 to 5 athletes. Groups should include a flyer, two bases, back spot (+rotational athlete if you choose, can substitute as a front). This is a great option to improve stunt chemistry, technique and skill specific work.

Coed privates should include 2-3 athletes. Groups should include a base and a flyer and/or rotational athlete of your choice (Base or Flyer). Groups will work through appropriate progressions to improve comprehension and execution of skills. This is a great option to improve stunt chemistry, technique and skill specific work.

Payments will be made through the iClassPro membership portal. No cash will be exchanged from client to staff.

Stunt privates can be scheduled through our Program Director, Amber Marchetta, via email contact@supercda.com Please include athlete name, schedule availability, and current skill level.

Stunt With Staff Privates/Semi-Privates

\$150/hr with 3 SuperCDA STAFF

Flyers: Schedule a Private with our staff [2 bases/backspot] for your flyer of any level to learn from the best with a comprehensive training session that combines skill progression with skill comprehension and safety awareness. We strongly encourage these sessions to be scheduled in combination with our stunt clinics/camps providing athletes the opportunity to transfer skills and knowledge learned with professionals to peer level application where it will be used throughout their season. We strongly recommended these sessions for flyers working dismounts.

Bases/Backspots: Schedule a Private with our staff [flyer/base/back or flyer/base/base] for your base to work comprehension of basing safety and technique mastery with skill comprehension and safety awareness. We strongly encourage these sessions to be scheduled in combination with our stunt clinics/camps providing athletes the opportunity to transfer skills and knowledge learned with professionals to peer level application where it will be used throughout their season.

Payments will be made through the iClassPro membership portal. No cash will be exchanged from client to staff.



Stunt with staff privates can be scheduled through our Program Director, Amber Marchetta, via email contact@supercda.com Please include athlete name, schedule availability, and current skill level.

Coed Stunt Privates

\$125/hr with 2 SuperCDA STAFF

Coed Stunt Basics - For high school flyers preparing for Coed collegiate cheerleading. This is an excellent option to learn the basics of coed stunts: Walk-Ins, Tosses, Hands to 2 and 1-leg skills.

Coed Stunt Intermediate - For high school flyers preparing for Coed collegiate cheerleading and experience with coed stunts. Coed style double based stunts working coed entry switching releases, twisting, inversion release, and dismount skills.

\$150/hr with 2 SuperCDA STAFF

Coed Stunt Elite - For high school flyers preparing for Coed collegiate cheerleading and experience with coed stunts. Staff is not available on a regular basis at this time. Our alumni staff are currently planning around their professional schedules out-of-state. As soon as we have dates, you'll be the first to know. Right now tentative dates are looking to be July 22-24, July 28-30 and winter break.

We are also in the process of seeking staff to hire for this that will be able to deliver at the SuperCDA standard of excellence. When we find the right fit, this will be added to our training options.

All SuperCDA policies, rules and skill development training apply to 1:1 private training. Staff will provide a focused and efficient structure that meets the athlete at their current level and elevates their knowledge, ability, and understanding.