

JANUARY 1, 2022

SuperCDA Registration & News



NEW GYM UPDATES

By; Gina Alatzakis

Happy New Year and Welcome to our SuperCDA Newsletter!

The process to secure our new gym in the area is going well.

With the holidays, we are still waiting on subcontractor quotes

to finalize our build out as well as our timeline. As soon as we can make an agreement and the contract is complete, we will release the address and many more details on the space.

In the meantime, the ARC in Woodridge continues to be a great interim for us. Scheduling has been smooth and they have been very accommodating with easy access doors for the U-Haul every day. Speaking of - Shout out to Ryan for moving equipment between our storage unit and the ARC! None of this would be possible without his determination as we charge forward.

We have also trained in a new registration system with iClassPro that will launch in January for SuperCDA. New features include being able to register for membership and classes right from an app on your phone! We are so excited to launch this convenient system for our clients with more class offerings to accommodate all of your training needs in the future.

New signage and banners have been prepared to decorate the new space to inspire and welcome athletes to our new home. We can't wait to share!

A GLIMPSE OF WHAT'S
INSIDE:

New Gym Updates
Cheer Registrations
Tumbling Registrations



Registration

CHEERLEADING

[Level ¾ Training](#) - Monday's 7-9pm Jan 3-Jan 24: Stunts, Jumps & Tumbling to prepare for return to Platinum and start of Titanium. If you are not currently training on a school team, we strongly encourage this class to catch up on skill.

[SUPER ALL STARS Tumbling](#) - Monday's 8-9pm Jan 3-Jan 24: For any current Super All Star team athlete or registered Super All Star team athlete.

[Super All Stars Half Season Prep Tryouts](#) - Jan 4, 6:30-8:30 Jan 5, 7-8:30: Tailored to competitive recreational athletes that fulfill level 1 to 2 skill requirements with a birth year of 2005-2015. The priority of this program aims to provide a budget friendly and time commitment friendly option for those wanting to add an additional season to their current experience in competitive cheerleading. Events will be semi local and include travel to WI & IA. January - Early May.

[Team Information Link](#)

[Super All Stars Crystals SPRING Intro to Cheer](#) - Thursdays 6:30-7:30, Starts Jan 6. Great intro to all-star cheerleading with low cost, minimal commitment. No previous experience is needed and there is no tryout/team placement. Athletes will learn fundamentals of competitive cheerleading and finish the season(s) with an in-house Friends & Family performance, t-shirt included!

[Super All Stars ¼ Season Elite Tryouts](#) - Feb 6 - Tryouts - 10am-1pm

*In-Person Parent Meeting - 1:00pm

Our longest standing traditional 1/4 season Senior elite program geared mostly for competitive high school athletes that wish to extend their competitive experience into the spring after the IHSA season is over. Birth year eligible for tryouts 2002-2009. This is a great way to add all star cheerleading while remaining true to your school program at a lower commitment level or transition from gymnastics to cheerleading.

[Team Information Link](#)

ALL TRAINING IS CURRENTLY BEING HELD AT THE ARC IN WOODRIDGE, IL



Registration

TUMBLING

Please let us know if you are interested in any of the following classes by replying to this email. We will confirm the session and then send the live links to register once we've confirmed interest.

SuperCDA Tumbling Class Objectives:

SuperCDA tumbling classes will have a strong emphasis on tumbling shapes, progressions, flexibility and strength training for the proper technique and execution of the skills listed within each tumbling class. These classes will range from introduction to advanced tumbling levels.

January Tumbling Class Sessions -

Intro to Tumbling (Ages 6+) : Tuesday - 7:00-8:00 PM Jan 11, 18 & 25, Cost \$72.

- This class is designed to introduce the basic FUNdamental tumbling skills. It is ideal for athletes new to tumbling (No experience required).
 - Forward/Back Rolls
 - Handstand Progressions
 - Cartwheel
 - Bridge Hold
 - Round-Off (Basic Understanding)
 - Bridge Kickover (Basic Understanding)
 - Backbend (Basic Understanding)

Tumble 1 (Ages 6+) : Tuesday - 7:00-8:00 PM Jan 11, 18 & 25, Cost \$72.

- All skills from Intro to tumbling must be mastered before moving on to Tumble 1. This class is designed to develop the following skills:
 - Round-Off
 - Handstand Variations
 - Backbend and Kickover
 - Back/Front Walkover
 - Front/Back Limber
 - Front Handspring (Basic Understanding)
 - Back Handspring (Basic Understanding)

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Registration

TUMBLING

Tumble 2 (Ages 6+) : Tuesday - 8:00-9:00 PM Jan 11, 18 & 25, Cost \$72.

- All skills from Tumble 1 must be mastered before moving on to Tumble 2. This class is designed to develop the following skills:
 - Front Handspring
 - Back Handspring
 - Round-Off Back Handspring
 - Aerials (Basic Understanding)
 - Front Tuck (Basic Understanding)
 - Back Tuck (Basic Understanding)

Tumble 3 (Ages 8+) : Tuesday - 8:00-9:00 PM Jan 11, 18 & 25, Cost \$72.

- All skills from Tumble 2 must be mastered before moving on to Tumble 3. This class is designed to develop the following skills:
 - Standing Multiple Back Handsprings
 - Aerial
 - Front Tuck
 - Standing Back Tuck
 - Round off to multiple back handsprings, Tuck, Layout, or other advanced skills.
 - Round off back handspring to Tuck, Layout, or other advanced skills.
 - Specialty Tumbling Connections, Front tuck step outs, Front handspring Front Tuck, Whips, Arabian, Standing Fulls, or other advanced skills/combinations.

Preschool Gymnastics/Tiny Tumblers/ Super Hero Training - **Classes Coming Soon**

Please provide feedback on what weekday mornings are best for you! We will reserve a schedule based on this feedback.

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