



# **Excite! Acro**



**2025-2026**

**Tryout Packet!**





# EVALUATION DATES

## **April 17th & 24th – New Athlete Pre-Evaluations**

\*This is highly encouraged for athletes who are interested in trying out for acro team for the first time. Coaches will evaluate athletes and provide parents with feedback before heading into the official tryout day on May 17th! Must be enrolled through the parent portal.

Parent Meeting will be held on April 17th from 7:15–7:45pm

Evaluations 7:15–8:15pm | \$10 per day

## **May 5th, 8th, 12th, 15th – Mandatory Tryout Clinics**

\*During tryout clinics, we will introduce the basics of acro & tumble and start putting stunt groups together for tryouts.

Mondays & Thursdays: Ages 5 and up: 7:15–8:15pm

Included with the \$35 tryout fee.

## **May 15th – Deadline to Opt Out of Tryouts**

If you would like to opt out of the tryout process, the deadline is

May 15<sup>th</sup> at 6:00pm. Email [acro@excitegym.com](mailto:acro@excitegym.com)

## **May 16th – Billing Day**

Billing will be processed for upfront fees and prorated tuition for

May 19<sup>th</sup> and 22<sup>nd</sup>

## **May 17th – Official Tryout Day**

\*This is mandatory for all athletes wanting to be placed on team for the 25–26 season. Athletes will need to wear a red, black, or white shirt and athletic shoes with their hair neatly pulled back out of their face

Tryouts 10:15–11:30am | Parent Meeting 10:30–11:00am | Cost : \$35

## **May 18th – Excite! Email Day**

Team announcements will be sent via email by 6pm. This will include your team coaches, team practice schedule, and more! Please make sure you have subscribed to receive email communications from Excite!

## **July 7th – Season Begins!**

**July 30th–August 1<sup>st</sup>, 2025 – In House Camp at Excite!**



# WHAT IS ACRO & TUMBLE?

- Acrobatics & Tumble (A&T) is a competitive team sport derived from several disciplines including gymnastics, power tumbling, cheerleading, and more. This program has grown and developed over the past ten years and is now an NCAA sport offering scholarships at all college levels across the country. Athletes will train in various skill areas including stunt & pyramid building, basket tosses, and power tumbling.
- With Excite! offering both cheerleading and gymnastics teams for over 20 years, this sport is a perfect integration into our programs, and we are so excited to get started with season 4!
- A&T is available to add to your regular team schedule (cheer or gymnastics) OR to enroll in the Acro team individually.
- We have multiple levels of Acro teams – it is the perfect place for beginners or advanced athletes! Within A&T, we have the flexibility to highlight athletes' strengths and let them shine on skills they have been working so hard to achieve.



## Time Commitment

- Our Acro teams have two team practices per week, plus one weekly tumble class for athletes who are solely enrolled in Acro. Athletes who are also on a cheer or gymnastics team can add a tumble class, however it is not required or included in their tuition.
- Last season, the meet season ran from November – February, however this could slightly alter for the upcoming season. The meet schedule will be posted by September.



# SKILL REQUIREMENTS

When placing athletes on teams, we look at several factors including tumbling level, stunt group configuration, and creating a full-functioning team. Tumbling level does not automatically equate to being placed on a certain team – we are looking at the full picture and well-roundedness of each athlete, including experience, maturity, and more!

## Level 1:

This is a great place for beginners! No skills or prior Acro knowledge required. Athletes will perform skills including handstands, forward rolls, knee level stunts, and introductory pyramids.

## Level 2:

\*preferred tumbling skills\*

Back walkover

Roundoff

Front walkover

Toe touch

Specialty passes – athletes who have higher level tumbling skills will have the opportunity to highlight these skills within our routines.

## Level 3:

\*preferred tumbling skills\*

Standing back handspring

Back walkover back handspring

Roundoff back handspring (or multiples)

Roundoff back handspring back tuck

Specialty passes – athletes who have higher level tumbling skills will have the opportunity to highlight these skills within our routines.

# 2025-2026 AGE GRID

The information below is based on last season's age grid. We do not expect changes in the age requirements for the upcoming season.

Level 1: 5–10 years old

Level 2: 6–12 years old

Level 3: 8–16 years old



# CONTACT INFO

For questions about tryouts, email [Acro@excitegym.com](mailto:Acro@excitegym.com)