

# EVOLUTION'S INTENSIVE COACHES CLINICS

## Coaches Guide

### **Coaches Guide to Understanding Choreography musts and no..no's**

Best practices to create and clean up routines throughout the entire season. A routine/scoresheet section by section review of best practices in routine development and processes to enhance and clean up the routine throughout the season.

## Stunting Basics

### **Stunting Basics**

Grips, timing and general safety. Coaches will learn the necessary terminology, progressions and best practices when it comes to stunting safety. This is an ideal course for a parent volunteer turned coach who wants to confidently instruct stunting skills.

## Advanced Stunting

### **Advanced Stunting**

Twisting up/down, transitional stunting, extended stunts, inversions and dismounts and a touch on baskets and pyramids. Coaches will learn the right technique to SAFELY teach, troubleshoot and implement high scoring stunting skills. New to coaching? Take the Stunting Basics class first and you'll be good to go.

## Training & Conditioning

### **Jumps/Tumbling/Conditioning**

Learn by doing or watching inspiring/fun workouts that the kids will beg you to do. The instruction will provide you drills and exercises that can be done on the field or with very limited mats.

## Management

### **Roster Management, Practice Planners and Team Management**

Learn the necessary procedures and team management techniques that assure routine success before the first athlete hits the mat. This course will teach coaches techniques to a drama free season where athletes are excited to achieve new things and manage parent roles and expectations.

\$25 per participant per class. Call today to schedule your session. Ask about our partner discounts and group rates.

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