



**TEXASPOWER**  
**ATHLETICS**  
[www.texaspowerathletics.com](http://www.texaspowerathletics.com)  
**(512) 284-9211**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Intro Tumbling</b> Coach Loren/Kelly 4:30 - 5:20 Floor: R1/ R2	<b>Vicious Wolves</b> Coach Loren/TJ 5:00-7:00 Floor: All Star	<b>Ferocious Wolves</b> Coach Loren/TJ 4:30 - 6:30 Floor: All Star	<b>Vicious Wolves</b> Coach Loren/TJ 5:00-7:00 Floor: All Star	<b>Hot Shots</b> Coach Kelly 4:30 - 5:20 Floor: F1	<b>Advance</b> 9:00 am-10:20 am Coach James
<b>Cheer Prep I</b> Coach Kelly 5:30 - 6:20 Floor: R1	<b>Advanced</b> Coach Ervin 5:30 - 6:20 Floor: R1/R2	<b>Beginner</b> Coach Anna 5:30-6:20 Floor: R1/R2	<b>Beginner</b> Coach Kelly 4:30-5:20 Floor: R1	<b>Beginner Flight</b> Ervin/James/TJ 4:30 - 5:20 Floor: F2/F3	<b>Beginner</b> 10:30 am-11:20 am Coach James
<b>Intermediate</b> Coach Ervin / James 5:30-6:20 Floor: R2/TT	<b>Beginner</b> Coach Kelly 6:30-7:20 Floor: F3	<b>Intermediate</b> Coach Ervin 5:30 - 6:20 Floor: R1/R2	<b>Intermediate</b> Coach Ervin 5:30-6:20 Floor: R2/TT	<b>Intro</b> Coach Kelly 5:30 - 6:20 Floor: F1	<b>Vicious Wolves</b> Coach Loren/TJ 9:00 am-11:00 am
<b>Beginner</b> Coach Loren 6:30 - 7:20 Floor: R1/R2	<b>Intermediate</b> Anna 6:30-7:20 Floor: F2	<b>Savage Wolves</b> Coach Loren/TJ/Ervin 6:30 - 8:30 Floor: F2 (6:30-7:00)	<b>Cheer &amp; Beginner</b> Coach Kelly 6:30-7:50 Floor: R1/R2/TT	<b>Inter./Adv. Flight</b> Ervin/James/TJ 5:30 - 6:50 Floor: F2/F3	<b>Savage Wolves</b> Coach Loren/TJ 11:00 am- 1:00 pm
<b>Intermediate</b> Coach James/Kelly 6:30 - 7:20 Floor: F1	<b>Jump Class</b> Coach Anna 7:30-8:20 Floor: F3	<b>High School Tumbling</b> 8:30 - 9:20 Coach Ervin/TJ/Anna	<b>High School Tumbling</b> 6:30 - 7:20 Coach Ervin/TJ/Anna	<b>Little Tumblers</b> Coach Kelly 6:30 -7:20	
<b>Advanced</b> Coach Ervin /TJ 6:30 - 7:20 Floor: R2/TT	<b>Leader Of The Pack</b> Coach TJ 7:00-8:20 Floor: Full floor				
<b>Savage Wolves</b> Coach Ervin/Loren/TJ 7:15- 9:15 pm	<b>Web &amp; Contact Information:</b> E-mail: <a href="mailto:info@texaspowerathletics.com">info@texaspowerathletics.com</a> Parent Portal: <a href="https://www.iclassprov2.com/icpv2/parentportal/txpwrathletics">https://www.iclassprov2.com/icpv2/parentportal/txpwrathletics</a> Shopify: <a href="http://texas-power-athletics.myshopify.com/">http://texas-power-athletics.myshopify.com/</a> Telephone: 512-284-9211 Fax :( 512) 284-8873				

**Program Cost**

- Annual Registration Fee (From the day you sign up): \$50/annual
- Little Tumblers 2-5 years old- \$60/month (50 Min Class)
- Beginner Flight Class, any age looking to enhance their flying skills - \$60/month (50 Min Class)
- Intermediate / Advanced Flight Class, must be evaluated by coach. - )\$85 (80 Min Class)month
- Cheer prep #1, 3-10 years old - \$60/month (50 Min Class)
- Cheer/Beg Tumble, 11-18 years old - \$85/month (80 Min Class)
- Jump Class: 11-18 years old - \$60/month (50 Min Class)
- Recreational & High School Tumbling Classes (Intro Beg-Advanced) - \$60/month (50 Min Class)

**Program Description-**Each Athlete will be mastering the following specific skills in the following Recreational Tumbling Classes:

**IntroTumbling:** No Skill Required

**Beginner Tumbling:** Forward Roll, Backward Roll, Handstand, Handstand Forward Roll, Right and Left Cartwheel, Round Off Rebound, Bridge Down, Back Walkover and Front Walkover.

**Back Handspring:** Standing Back Handspring - Running Round-Off. Back Handspring

**Intermediate Tumbling:** All Series of Handsprings skills reviewed, Running Back Handspring Back Tuck, Series of Back Handsprings to Running Tuck, and Running Punch Front, Standing Back Tuck, Standing Back Handspring Back Tuck and Standing Series of Back Handsprings Back Tuck. All participants must be able to complete a strong series of Standing and Running Back Handsprings

**Advance Tumbling:** All Intermediate Tumbling skills reviewed, Running Layout, Running Round off Back Handspring to Layout, Running Round off Series of Back Handspring to Layout