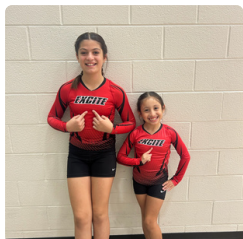




Excite! Acro 2026-2027 Tryout Packet!





EVALUATION DATES

April 15th - 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 feedback on skills to work on leading into tryouts. This is a great day to try out the sport to see if you like it before enrolling in tryouts!

Evaluations 6:00-7:30m | \$10

May 4th - Deadline to Opt Out of Tryouts

If you would like to opt out of the tryout process, the deadline is May 15th at 6:00pm. Email acro@excitegym.com

May 6th - Tryout Day

*At tryouts we will evaluate all athletes on stunts, pyramids, strength, and tumbling. Final team placements will be decided in June. 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 6:00-7:30 pm | Parent Meeting 6:00-6:30 pm | Cost : \$35

May 7th - 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!

May 11th - Billing Day

Billing will be processed for upfront fees and prorated tuition for May 19th and 22nd

May 13th & 20th - Practices & Sizing Days

During these practices we will have team meet and greets, uniform sizing, and work some basics with the team before having the month of June off.

July 6th - Season Begins!

July 31st, August 4-5th, 2026 - 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 5!
- 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 December – March, 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

ROUND OFF

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

ROUND OFF BACK HANDSPRING (OR MULTIPLES)

ROUND OFF BACK HANDSPRING BACK TUCK

SPECIALTY PASSES – ATHLETES WHO HAVE HIGHER LEVEL TUMBLING SKILLS WILL HAVE THE OPPORTUNITY TO HIGHLIGHT THESE SKILLS WITHIN OUR ROUTINES.

LEVEL 4:

PREFERRED TUMBLING SKILLS

BACK HANDSPRING TUCK

ROUND OFF BACK HANDSPRING TUCK

ROUND OFF BACK HANDSPRING LAYOUT

STANDING 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

Level 4: 9–18 years old



CONTACT INFO

For questions about tryouts, email Acro@excitegym.com