

## **Prerequisites For Pre - Aerial Class - Beginning (Ages 6-8)**

(Please Print Legibly)

**Student Name:** \_\_\_\_\_ **Contact Email:** \_\_\_\_\_

**Parent Name:** \_\_\_\_\_ **Submission Date:** \_\_\_\_\_

**Coach Name:** \_\_\_\_\_ **Contact Phone:** \_\_\_\_\_

This form will be submitted to the Curriculum Director and you will be contacted to discuss the next steps.

### **Classroom Requirements:**

- Ability to Follow Specific Instructions
- Self Awareness and Discipline to Stretch and Condition
- Can Be Trusted to Practice Familiar Skills without Direct Supervision
- Easily Takes Turns
- Can Work with Other Students to Accomplish a Specific Task

### **Baseline Skills Requirements:**

- Knowledge of Correct Landing Positions and Demonstrates the Ability to "Finish" Skills
- Rock and Roll From a Tuck and Pike on the Floor
- Forward Roll

Knowledge of Proper Form and Technique:

- Pike
- Point / Flex
- Same and Opposite Sides of Body
- Straddle
- Tuck
- Straight Legs

### **Baseline Skill Comprehension with Successful Execution 75% of the time:**

- Bridge
- Lunge Cartwheel Lunge
- Handstand Facing Wall (L-Stand)

### **Trapeze Requirements:**

- Knee Hang from Hanging (No Beat)
- Skin the Cat Return to Knee Hang
- Pike Under Bar to Sit to Stand and Return to Pike With Good Technique

### **At Least Five of These Basic Trapeze Skills**

- Birds Nest
- Star
- Pull Over from Ground Small Jump is Okay
- Mermaid Above Bar
- Fire Pole
- Tuck in Ropes
- Mermaid Below Bar
- Knee Beat
- Angel - Belly Up

### **Fabric Requirements**

- Climb (French and/or Russian) Halfway Up Fabric and Come Down Safely
- Foot Lock From the Ground

### **At Least Three of These Basic Fabric Skills**

- Archer in a Knot
- Invert in a Knot
- Candy Cane / 1 Foot Roll-Up in a Knot
- Knee Hook in Knot
- Inversion to Double Crochet in Knot

Students show an interest in developing performance skills alongside learning the foundations of vertical and bar aerial apparatus. Stage presence and performance elements are important parts of the curriculum.

# Prerequisites For Youth Intermediate Aerial Class

(Please Print Legibly)

**Student Name:** \_\_\_\_\_ **Contact Email:** \_\_\_\_\_  
**Parent Name:** \_\_\_\_\_ **Submission Date:** \_\_\_\_\_  
**Coach Name:** \_\_\_\_\_ **Contact Phone:** \_\_\_\_\_

This form will be submitted to the Curriculum Director and you will be contacted to discuss the next steps.

## **Classroom Requirements:**

- Developing Awareness Towards Taking Smart and Safe Risks
- Can Be Trusted to Practice Familiar Skills without Direct Supervision
- Self Disciplined to Push Stretches and Condition
- Ability to Follow Specific Instructions
- Easily Takes Turns
- Can Work with Other Students to Accomplish a Specific Task

## **Knowledge of Positions and Self-Motivation to Improve Technique:**

- Tuck       Pike       Straddle       Same and Opposite Sides of Body
- Cobra       Lunge       Point / Flex       Splits
- Bridge       Froggy       Arabesque

## **Baseline Skill Comprehension with Successful Execution 75% of the time:**

### **Floor:**

- Hollow Body on the Floor for 30 Seconds
- Hold a Plank for 30 Seconds
- 5 Tricep Push-ups (Elbows In) Knees Down is Okay

### **All Apparatus:**

- Proper Shoulder Engagement
- Knees and Feet Alignment
- Hollow Body in the Air

### **Fabric/Rope:**

- Single & Double Foot Locks in the Air
- Hip Key From the Ground
- Inversion in the Air to Double Crochet
- Tourniquet
- Catchers
- Egg Beaters From a Climb
- An Entrance into Cross-Back Straddle
- Finishes Skills without Dropping Off Fabric, Return to Climbing Position Preferred.

### Straddle Up From Ground (Silent Landing)

- Same Side       Opposite Side

### Climb to the top with good form

- Shoulder Engagement
- Feet Alignment / No Flailing
- Climbing All the Way Down (No Dropping at the Bottom)
- No "Body Wave"
- Core Engagement

### **Trapeze:**

- Executes 10 Shoulder Shrugs with good mobility and body engagement
- Knee Hang with Hips Pushing Forward and Knees Squeezing the Bar
- Pike Under Bar - Hold with Good Form
- Knee Hang Beat to Pike to Sit
- Smooth Entrance to Skills From the Ground (No Jumping)

- Skin the Cat Return to Knee Hang
- Pull Over From Ground Using Ropes
- Able to Link 3 Skills while Moving Up and Down the Bar with Good Alignment and Body Engagement

### Small Beats: Awareness and Engagement

- Knee       Pike
- Long       Straddle

# Prerequisites For Youth Advanced Aerial Class

(Please Print Legibly)

**Student Name:** \_\_\_\_\_ **Contact Email:** \_\_\_\_\_

**Parent Name:** \_\_\_\_\_ **Submission Date:** \_\_\_\_\_

**Coach Name:** \_\_\_\_\_ **Contact Phone:** \_\_\_\_\_

This form will be submitted to the Curriculum Director and you will be contacted to discuss the next steps.

## **Classroom Requirements:**

- Clear Awareness Around Taking Smart and Safe Risks
- Can Be Trusted to Practice Familiar Skills without Direct Supervision
- Self Disciplined to Push Stretches and Condition
- Ability to Follow Specific Instructions
- Can Work with Other Students To Accomplish a Specific Task
- Developing Awareness of Language Used for All Apparatus
- Developing Awareness of Correct Body Positions

## **Baseline Skill Comprehension with Successful Execution 75% of the time:**

### **Floor:**

- 10 Tricep Push-ups (elbows In / Knees Okay)
- Hollow Body on the Floor for 45 Seconds
- 30 Second Handstand (Back to Wall)
- Plank for 45 Seconds
- Splits/Straddle/Frog
- Point/Flex
- Lunge

### **All Aerial Apparatus:**

- Clean and Smooth Transitions
- Stamina to Stay in the Air for 3 Minutes
- Good Knee and Feet Alignment
- Hollow Body in the Air
- Shoulder Engagement
- Core Engagement

### **Fabric / Rope**

- Straight Arm Inversion
- S-Wrap
- Same/Opposite Side Wrap From a Climb (No Dropping at the Bottom)
- Hip Key From a Beat
- Tourniquet
- Clean Double Foot Lock in the Air
- Catchers
- Two Straddle Ups From a Climb
- Hollow Body / Core Engagement in Air
- Three Entrances to Cross-Back Straddle
- Climbs:  Both Sides Russian & French
- 2x without Coming Down Using Both Sides
- Climbing All the Way Down
- No "Body Wave"
- Feet Alignment / No Flailing
- Beats:  Toe Touch
- Straddle
- Box Inside / Outside
- Bell / Front Back

### **Trapeze**

- Pull Over from Beat to Front Balance
- Pike Pull Up with Good Form
- One Arm Hold for 15 Seconds with Good Shoulder Engagement
- Single Knee Hang with Hips Pushing Forward and Knees Squeezing the Bar
- Link 3 Skills while Moving Up and Down the Bar with Good Alignment, Body Engagement and Smooth Transitions
- Minimum of One Pull Up
- Straddle Up from Hanging
- Beats: Body Awareness and Engagement
  - Plank
  - Straddle
  - Fly
  - Hand Switches
  - Knee with Toe Touches
  - Pull Over to Pike Down

# Prerequisites For Youth Intermediate Rope Class

(Please Print Legibly)

**Student Name:** \_\_\_\_\_ **Contact Email:** \_\_\_\_\_  
**Parent Name:** \_\_\_\_\_ **Submission Date:** \_\_\_\_\_  
**Coach Name:** \_\_\_\_\_ **Contact Phone:** \_\_\_\_\_

This form will be submitted to the Curriculum Director and you will be contacted to discuss the next steps.

## **Classroom Requirements:**

- Developing Awareness Towards Taking Smart and Safe Risks
- Can Be Trusted to Practice Familiar Skills without Direct Supervision
- Self Disciplined to Push Stretches and Condition
- Ability to Follow Specific Instructions
- Easily Takes Turns
- Can Work with Other Students to Accomplish a Specific Task

## **Knowledge of Positions and Self-Motivation to Improve Technique:**

- Tuck       Pike       Straddle       Same and Opposite Sides of Body
- Cobra       Lunge       Point / Flex       Splits
- Bridge       Froggy       Arabesque

## **Baseline Skill Comprehension with Successful Execution 75% of the time:**

### **Floor:**

- Hollow Body on the Floor for 30 Seconds
- Hold Plank for 30 Seconds
- 5 Tricep Push-ups (Elbows In) Knees Down is Okay

### **Fabric/Rope:**

- Single & Double Foot Locks in the Air
- Hip Key From the Ground
- Inversion
- Tourniquet
- Catchers
- Hanging From the Rope - two hands 20 seconds
- An Entrance into Cross-Back Straddle
- Finishes Skills without Dropping Off Fabric, Return to Climbing Position Preferred.

### **Trapeze:**

- Executes 10 Shoulder Shrugs with good mobility and body engagement
- Knee Hang with Hips Pushing Forward and Knees Squeezing the Bar
- Pike Under Bar - Hold with Good Form
- Knee Hang Beat to Pike to Sit
- Smooth Entrance to Skills From the Ground (No Jumping)

### **All Apparatus:**

- Proper Shoulder Engagement
- Knees and Feet Alignment
- Hollow Body in the Air for 15 seconds

- From Standing, Bring Legs to Pike Position and Hold for 5 Seconds. No Jumping

### **Straddle Up From the Ground (Silent Landing)**

- Same Side       Opposite Side

### **Climb to the top with good form**

- Shoulder Engagement
- Feet Alignment / No Flailing
- Climbing All the Way Down (No Dropping at the Bottom)
- No "Body Wave"
- Core Engagement

- Skin the Cat Return to Knee Hang
- Pull Over From Ground Using Ropes
- Able to Link 3 Skills while Moving Up and Down the Bar with Good Alignment and Body Engagement

### **Small Beats: Awareness and Engagement**

- Knee       Pike
- Plank       Straddle       Bell

## Prerequisites For Youth Advanced Rope Class

(Please Print Legibly)

**Student Name:** \_\_\_\_\_ **Contact Email:** \_\_\_\_\_  
**Parent Name:** \_\_\_\_\_ **Submission Date:** \_\_\_\_\_  
**Coach Name:** \_\_\_\_\_ **Contact Phone:** \_\_\_\_\_

This form will be submitted to the Curriculum Director and you will be contacted to discuss the next steps.

### **Classroom Requirements:**

- Clear Awareness Around Taking Smart and Safe Risks
- Can Be Trusted to Practice Familiar Skills without Direct Supervision
- Self Disciplined to Push Stretches and Condition
- Ability to Follow Specific Instructions
- Can Work with Other Students To Accomplish a Specific Task
- Developing Awareness of Language Used for Rope Apparatus
- Developing Awareness of Correct Body Positions
- Focus to Advance and Build Choreography

### **Baseline Skill Comprehension with Successful Execution 75% of the time:**

#### **Floor:**

- 10 Tricep Push-ups (elbows In / Knees Okay)
- Hollow Body on the Floor for 45 Seconds
- 30 Second Handstand (Back to Wall)
- Plank for 45 Seconds
- Splits/Straddle/Frog
- Point/Flex
- Lunge

#### **All Aerial Apparatus:**

- Clean and Smooth Transitions
- Stamina to Stay in the Air for 3 Minutes
- Good Knee and Feet Alignment
- Hollow Body in the Air
- Shoulder Engagement
- Core Engagement

#### **Fabric / Rope**

- Straight Arm Inversion to Straddle Up
- S-Wrap
- Same/Opposite Side Wrap From a Climb (No Dropping at the Bottom)
- Hip Key From a Beat
- Tourniquet
- Clean Double Foot Lock in the Air
- Catchers
- Two Straddle Ups From a Climb
- Hollow Body / Core Engagement in Air
- Three Entrances to Cross-Back Straddle
- Ability to Link 3 Skills with Smooth Transitions
- Climbs:  Both Sides Russian & French
- 2x without Coming Down Using Both Sides
- Climbing All the Way Down
- No "Body Wave"
- Feet Alignment / No Flailing
- Beats:  Toe Touch
- Straddle
- Box Inside / Outside
- Bell / Front Back
- Plank

#### **Trapeze**

- Pull Over from Beat to Front Balance to Pike Down
- One Arm Hold for 15 Seconds with Good shoulder engagement
- Single Knee Hang with Hips Pushing Forward and Knees Squeezing the Bar
- Minimum of One Pull Up
- Pike Pull Up with Good Form
- Beats: Body Awareness and Engagement
  - Plank
  - Straddle
  - Fly
  - Hand Switches
  - Knee Hang Toe Touch

## **How To Know If Your Student Is Ready to Progress to the Next Level of Circus Classes**

1. Age Up
2. Consistently Executes Most Skills More Easily Than Other Students
3. Finishes Tasks at a Faster Rate Than Expected
4. Classroom Skills Primarily Exceed Expectations of Coach
  - a. Listening
  - b. Following Direction
  - c. Taking Turns
5. Some students will act out if they are not challenged enough. A good way to identify this is if a student is engaging and successful and suddenly they are not.
6. Some students will appear bored or uninterested if they are not challenged enough. Test them by seeing if they can rise to a challenge.