



My name is Brandy Duren and I am the Head Coach of **Acrobatics and Tumbling at Arizona Christian University** in Phoenix, AZ. I am an Alumni from the University of Oregon Acrobatics and Tumbling team. I come from a gymnastics and cheerleading background as I competed competitive for 15 years. Acrobatics and Tumbling is brand new to Arizona Christian University making it the 18th school to add! Acrobatics and Tumbling is creating opportunities for women to compete at the collegiate level, on an athletic scholarship!

NCATA and Recruiting

The recruiting base for Acrobatics and Tumbling is pulling from artistic gymnastics, trampoline and tumbling, acrobatics gymnastics and competitive cheer and acrobatics. The governing body of Collegiate Acrobatics and Tumbling is called the NCATA. Acrobatics and Tumbling is also a discipline of USA Gymnastics and all competitions are sanctioned by USAG. Acrobatics is also an NCAA sanctioned sport allowing athletic scholarships to be awarded to athletes.

Members and Scholarships

Current colleges offering the sport range from DI to NAIA programs. At the NAIA level I can offer a range of scholarship amounts from full to partial paid. These scholarships can be packaged with academic scholarships and grants as well. At ACU, we are a private liberal arts school so we have a lot of academic money to package with our athlete's athletic scholarships.

Meet Season

Acrobatics and Tumbling is a spring sport having 6-10 meets during the season lasting from February-April. All meets will take place on an A&T member institution campus. The National Championship takes place in April at a member campus which is an 8- team single elimination bracketed tournament. There are also individual events for Acro, Pyramid, Toss and Tumbling heats.

Practice and Training

Athletes train year around from September to April, to safely progress through skills. There is a sport specific strength & conditioning regimen as well and athletic training staff to ensure the health of the athletes.

Video of Meet Format and National Championship Highlight Video

http://thencata.org/information/Meet_Format

<https://www.youtube.com/watch?v=-z4GWK9J700>

Meets consist of 6 events totaling 20 heats. Meets are usually 1.5 – 2 hours in length. Each event has a start value based on the difficulty of the skills being competed (scored similarly to Gymnastics), and deductions are taken from the start value. Meets are competed on non-spring floor. At the end of the meet there is a "Team Event" where 18-24 athletes take the mat at the same times. There are minimum requirements for all skills competed in the team event.

Arizona Christian University

Athletic Website: <http://www.acufirestorm.com/>

School Website: <http://arizonachristian.edu/>

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