



I would love to share information with you about Acrobatics and Tumbling at Arizona Christian University and also a little bit about myself. Once you have read this document in its entirety please respond to me so that I know you want to proceed with the recruiting process and will be able to send the things I will need from you!

I am from Eugene, Oregon and I am an Alumni from the University of Oregon Acrobatics and Tumbling team. I come from a cheerleading background as I competed on Oregon Dream Teams for 10 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 broad pulling from artistic gymnastics, trampoline and tumbling, acrobatics gymnastics, competitive cheer and high school cheer. 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. And it is an NCAA sanctioned sport, processing under the title 9 guide lines.

### **Members and Scholarships**

At the NAIA level there are academic and athletic scholarships that range in amount that can be offered. These scholarships can be packaged with academic scholarships, FASFA 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.

### **Competition 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 a member institution campus. The National Championship takes place in April at a member campus which is an 8- team single elimination tournament. There are also individual events for Acro, Pyramid, Toss and Tumbling heats.

### **Practice and Training**

Athletes train year around to safely progress through skills. There is a sport specific strength & conditioning regimen as well as an athletic training staff at most schools to ensure the health of the athletes.

### **Video of Meet Format and National Championship Highlight Video**

[http://thencata.org/information/Meet\\_Format](http://thencata.org/information/Meet_Format)

**Meet Format** - Nat'l Collegiate Acrobatics & Tumbling Assoc.  
thencata.org

Acrobatics and Tumbling meets are typically held as a match between 2-3 teams. Each meet is exciting, fast paced, and fan friendly. Each team has up to 28 competitors...

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

### **2016 NCATA Tournament Highlights – YouTube**

[www.youtube.com](http://www.youtube.com)

Highlights from the 2016 National Collegiate Acrobatics & Tumbling (NCATA) Championship Tournament, which took place in Waco, Texas from Apr. 16-19.

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, 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. Pretty much like a cheerleading routine, minus the dancing! There are minimum requirements for all skills competed in the team event.

### **ACU**

ACU is located in Phoenix, AZ and it is a private Christian University. It is a high academic institution. There are almost 900 students at ACU and 75% of which are athletes. The class I am recruiting now would be the first class to step foot on the floor as an Acrobatics and Tumbling team. With that being said, I am so happy that I get to choose the athletes that I want to join me in starting, and growing this program. Acrobatics and Tumbling athletes will be treated like any football or baseball team at AUC. Travel and gear is paid for, and everyone enjoys the perks of being an Athlete.

Please check out the Press Release for the addition to the sport at ACU Here!

<http://www.acufirestorm.com/SIDHelp/m/a%7C867.php>

ACU Athletics - <http://www.acufirestorm.com/>

ACU Academics - <http://arizonachristian.edu/>

### **The recruiting process:**

1. Unofficial copies of your high school transcripts.
2. Please update your FAFSA if you have already completed one to list Arizona Christian University as one of your schools.
3. Go to <http://arizonachristian.edu/> and apply to the school “Apply to ACU” use password (Firestorm) to waive the fee.
4. Last, please send videos of any skills you have.

Skills I am looking for:

1. Compulsory Tumbling: Back tuck, toe tuck, back-handspring backtuck, RO back-handspring Layout.
2. Acro (stunt) skills.
3. Any other tumbling you want to show me (specialty passes, fulls, doubles, etc.,) as Acrobatics and

Tumbling is sanctioned by the NCAA you must be recruited and try-out by video.

I would love to know more about you! Please share any information you want to- athletic background (cheer, gymnastics, acrobatics, etc.,), hobbies and interests, anything!

Again, please respond to this email that you will be able to provide all of the information I am asking for and would like to continue the recruiting process. Do not hesitate to call or email me anytime with any questions!

-Coach Brandy