

Stage Door All-Stars strive to continue the traditions of excellence we have established in the competition field. We teach our athletes life skills about respect, dedication and team work; helping them become well rounded individuals.

We have a TEAM for EVERYONE!
YOU can be a part of one of these award winning teams.
If you are interested in trying out for one of our teams
please contact us at: 703-330-5060

Stage Door All Stars offers cheer and tumbling classes for ages three and up! Individuals are placed according to age and level of ability. The cheer/tumbling combo class is a great way for girls to get started if they are interested in trying out for cheerleading or to enhance performance in other activities. Stage Door All Stars will use many tumbling aids such as incline mats, folding mats, tumble track, and spring floor to help our students learn and perfect their tumbling skills.

Cheer/Tumbling Tots: This class is for ages 3-6 or beginners. This class is for the child who wants to be a cheerleader! No previous tumbling experience required. In this class the student will work on basic tumbling fundamentals and cheer fundamentals during the last 15 min of class. Skills learned: back-bend down and up, head stand, hand stand, cartwheel R and L, round-off, back-bend kick, hollow body position, arms by ears finish, and strength drills.

Cheer/Tumbling 1: You must have a Cartwheel and back-bend to enroll in this class. Skills that are worked on are the following: Hand Stand, Hand stand fwd rolls, back extension rolls, R and L Back-Walkovers, Back Limber, Front-Walkovers, Round-off, Blocking drills, & Back-handspring drills. Cheer fundamentals and technique such as: cheers, chants, motions, jumps, and exercises are worked on the last 15 min of class.

Cheer/Tumbling 2: You must have a round-off, back walkover, and handstand to enroll in this class. The focus of this class is the BACK-HANDSPRING, BACK-HANDSPRING CONNECTOR SKILLS, standing skills, front walkover, front handspring side aerials, and tuck drills. Cheer fundamentals and technique such as: cheers, chants, motions, jumps, double jumps, and exercises are worked on the last 15 min of class.

Cheer/Tumbling 3: You must have a standing back-handspring and connector skills, round-off back-handspring series, and the tuck drill mastered to enter this class. The focus of this class is tuck front and back and standing tuck and running combinations, and side aerial! This class will work on standing and running tumbling the first 45 minutes with cheer fundamentals and cheer technique such as: motions, jumps, triple jumps, toe BH, and exercises the last 15 min of class.

Cheer/Tumbling 4: You must have a round off BH, back tuck, round off tuck, series tuck, and toe 2BH, to enter this class. The focus of this class is layout, continue to master standing tuck, standing BH series, standing BH tuck, layout step out, front half, front tumbling, full drills-full when have a straight body layout & more. This class will work on standing and running tumbling the first 45 minutes with cheer fundamentals and cheer technique such as: motions, jumps, triple jumps, 3 toe BH, toe back tuck, and exercises the last 15 min of class.