



TUMBLE

JULY

2026

CON

**UNLOCK YOUR COACHING
POTENTIAL BY TAKING TUMBLING TO
NEW HEIGHTS**

DALLAS DETAILS

Join us for this one of a kind tumbling conference geared just for tumbling coaches. This two day intensive conference will focus on skill development, drills and strategies to make you the best coach you can be. This hands on tumbling conference is like nothing you have ever attended!

SCHEDULE:

Saturday July 18th, 9am-5pm

Sunday July 19h, 9am-5pm

VENUE:

This event is conveniently located in Dallas Texas at Champion Cheer Allstars. Champion Cheer All Stars is located at 375 Commerce St. Suite 200 in Southlake, TX

HOTEL OPTIONS:

There are many hotels located nearby below are a list of a few that are within five miles so a fast uber ride.

- Hotel Vin, Autograph Collection
- Hilton Dallas/Southlake Town Square
- Delta Hotels by Marriott Dallas
- The Westin Dallas Southlake
- Great Wolf Lodge Grapevine

DRESS CODE:

This is a hands on event in a gym setting, wear gym clothes and be ready to move.

TICKETS:

Tickets for this event are \$299, this includes two full days of instruction. We are limited to 100 attendees, so register quickly as we anticipate tickets to sell out.

REGISTER NOW





ROMMEL OSUNA:

Tumbling Director - World Cup All Stars

Rommel Osuna began his life long career in cheer and tumble at Rutgers University in 2003. He currently serves in the United States Army, where he's worked through the ranks to Drill Sergeant. This allows Rommel a unique perspective in coaching which allows him to instill mental and physical toughness in his athletes, all while focusing on details.

Much like his progression through the army, Rommel has made a name for himself in the world of cheer, he worked 13 seasons at World Cup as a tumbling director. He was responsible for tumbling for all of their elite teams, from twinkles to the 6x World Champions, the Shooting Stars. He has also had the opportunity to expand Nfinity GenNext in several countries as the lead instructor in the US, Australia, Canada and UK.

Rommel's experience has led him to becoming the Tumbling Director for World Cup All Stars. This exciting opportunity has allowed him to shape a world class tumbling program, that stresses the importance of proper progressions while keeping the athletes safe.

When Rommel isn't training or traveling to speak at conferences or hosting tumbling clinics, he is busy working on his non profit Tumble for Troops, that began in 2015 and in 2020 partnered with Nfinity to date they have donated over \$100,000 to organizations that support our troops.





SHEA CRAWFORD:

Tumbling Director -Brandon All Stars

Shea Crawford attended Snead State College and was a member of the 2001 UCA Collegiate National Champion Cheer Team. He finished his Bachelors Degree in Public Relations at Hawaii Pacific University where he was an assistant coach for the 2005 & 2006 NCA Collegiate National Champions in D II Small and Large Coed.

Shea then moved to Brandon where he coached for 8 seasons coaching tumbling and teams to multiple NCA, CheerSport and UCA titles at multiple levels. Shea was part of the Junior Silver coaching staff that won Brandon's first ever NCA title and triple crown and a 4th place finish at Worlds with Sr White in the medium Coed Level 5 division.

In addition to coaching Shea also speaks nationwide on Tumbling Safety and Technique. Shea is now back at Brandon All-Stars and works as Tumbling Director and Director of BA Technique Camps and Clinics





CASEY BALLOU:

Tumbling Director -East Celebrity Elite

Casey Ballou has coached tumbling and cheer for over 20 years. He is the head tumbling coach at East Celebrity Elite, where he has been part of numerous NCA, Summit and World titles.

Casey has traveled extensively throughout the US and Internationally spreading drills, technique and tumbling knowledge to coaches , parents and athletes alike.

Casey loves the outdoors and spends much of his free time mountain biking, snowboarding and relaxing with family.





DEBBIE LOVE

Founder- For the Love of Tumbling

Debbie Love is a USASF Hall of Fame inductee, internationally recognized tumbling educator, and founder of For The Love Of Tumbling. With more than 40 years of experience in cheerleading, gymnastics, and athlete development, Debbie has become one of the most respected voices in tumbling education. She serves as the USASF Strength & Conditioning Chair and has educated thousands of athletes and coaches around the world in injury prevention, conditioning, flexibility, sports psychology, and tumbling progressions. Known for her passion for coach education and athlete safety, Debbie continues to help shape the future of tumbling through innovative training methods and a commitment to excellence.

- USASF Hall of Fame Inductee
- Former University of Kentucky coach
- Founder of For the Love of Tumbling educational platform
- Former USASF Board of Directors member
- Featured presenter and educator for USASF coach education programs



SATURDAY SCHEDULE

8:30AM	CHECK IN BEGINS
9:00AM	WELCOME
9:15AM	CLASS FLOW AND WARM UP
9:45AM	BACK TO BASICS
10:45AM	BREAK OUT SESSIONS • SPOTTING LEVEL 1 • CONDITIONING FOR SUCCESS
11:15AM	ELITE LEVEL 1
11:45AM	CREATING A TUMBLING MINDSET
12:15PM	LUNCH
2:00PM	EVERYTHING BACK HANDSPRINGS
3:00PM	BREAK OUT • SPOTTING LEVEL 2 • PHYSICS OF TUMBLING
3:30PM	FRONT TUMBLING- LEVEL 2
4:00PM	LETS TALK TUMBLING
5:00PM	END FOR THE DAY
5:30PM	ATHLETE CLINICS BEGIN • ALL COACHES ARE WELCOME TO STAY AND WATCH



SUNDAY SCHEDULE

8:45AM	DOORS OPEN
9:00AM	TUCKS AND LAYOUTS
10:00AM	BREAK OUT SESSION (CHOOSE 1) • SPOTTING LEVELS 3 & 4 • STANDING FULLS
10:30AM	STANDING TUMBLING
11:30AM	FRONT TUMBLING SESSION (LEVELS 3-5)
12:15PM	LUNCH
2:00PM	INTRO TO TWISTING
3:00PM	BREAK OUT SESSION • SPOTTING TWISTING • HOW TO MAKE YOUR FULL "DOUBLEABLE"
3:30PM	BUILDING CONFIDENCE & BREAKING BARRIERS
4:00PM	ELITE TWISTING
4:30PM	CLOSING
5:30PM	ATHLETE CLINICS • ALL COACHES ARE WELCOME TO STAY AND WATCH



BREAKOUT SESSIONS

Breakout sessions are an opportunity for you to select the perfect class for you. In these classes you will learn the foundations of each skill, how to best develop and spot the skill. In each session our instructors will teach drills for you to take home and implement immediately. Each breakout session we will have 2-3 of these sessions open to attend.

SESSION DESCRIPTIONS

CLASS FLOW AND WARM UP:

Learn how to properly prepare your athletes for tumbling success through targeted flexibility training, conditioning programs, and proven drill progressions. This class provides coaches with practical tools and drill setups that improve technique, build strength, and create safer, more effective athletes.

BACK TO BASICS

Great tumblers aren't built on advanced skills alone—they're built on exceptional fundamentals. This class focuses on strengthening technique, improving body positions, and refining foundational tumbling skills that create the pathway to higher-level tumbling.

ELITE LEVEL 1 TUMBLING

Take your Level 1 athletes beyond the basics with a focus on elite-level execution, technique, and performance. This class breaks down the details that separate good tumbling from great tumbling, helping athletes develop stronger body lines, better power, cleaner technique, and greater consistency in their Level 1 skills. Learn the drills, progressions, and coaching cues needed to build athletes who stand out on the competition floor and are prepared for long-term success.



SESSION DESCRIPTIONS

CREATING A TUMBLING MINDSET:

Tumbling success starts in the mind. This class focuses on the mental side of skill development, helping athletes build confidence, overcome fear, and develop the mindset needed to achieve new skills. Learn practical techniques for improving athlete motivation, managing mental blocks, creating a positive learning environment, and fostering resilience throughout the skill progression process. Athletes who believe they can succeed are far more likely to reach their full potential—and this class will show you how to help them get there.

EVERYTHING BACK HANDSPRINGS

A great back handspring starts with a strong foundation and a proven progression plan. This class teaches the proper progressions for safely and effectively developing back handsprings in both standing and running tumbling. Coaches will learn essential drills, key technical points, and variations that help athletes progress from beginner to advanced applications. The session will also cover common mistakes that can hinder development, along with effective methods for identifying and correcting them. Walk away with the tools, drills, and coaching cues needed to build confident athletes and consistently successful back handsprings in any tumbling pass.

FRONT TUMBLING LEVEL 2

Master the fundamentals of Level 2 front tumbling with a focus on safe progressions, proper technique, and athlete development. This class covers key coaching cues, common technical errors, and proven strategies for identifying and correcting mistakes, helping athletes build strong, consistent front tumbling skills and confidence in their performance.



SESSION DESCRIPTIONS



LETS TALK TUMBLING

Join an engaging roundtable discussion and live podcast with Jason Larkin, founder of Let's Talk Cheer, as we dive into all things tumbling. Explore topics including coaching strategies, athlete development, industry trends, and the future of tumbling while gaining valuable insights from one of cheerleading's most respected voices. Bring your questions, share your experiences, and be part of the conversation shaping the future of our sport.

TUCKS AND LAYOUTS

Learn the essential prerequisites for safely teaching tucks and layouts. This class covers proper body shapes, takeoff and blocking mechanics, skill progressions, effective drills, and common mistakes. Coaches will also learn proven strategies for identifying and correcting errors, helping athletes build the strength, technique, and confidence needed for successful flipping skills.

STANDING TUMBLING

Master the art of standing tumbling! This class focuses on developing the strength, power, and explosiveness needed to perform standing skills while emphasizing proper technique and body control. Coaches will learn how to teach progressions, identify common mistakes, and apply effective corrections to improve consistency, execution, and athlete confidence in all standing tumbling skills.

FRONT TUMBLING (LEVELS 3-5)

Learn how to effectively teach Level 3-5 front tumbling skills with a focus on safe progressions, proper technique, and athlete development. This class covers key coaching cues, advanced skill progressions, common technical errors, and proven strategies for identifying and correcting mistakes. Coaches will leave with the tools needed to help athletes build stronger, more consistent front tumbling skills and confidently progress to higher-level elements.

SESSION DESCRIPTIONS

INTRO TO TWISTING

Master the full twisting layout by understanding the skills and mechanics that make it possible. This class focuses on the required prerequisites, twisting fundamentals, proper body positions, and air awareness needed for successful fulls. Participants will learn effective progressions, skill-specific drills, and key coaching cues, along with proven methods for identifying and correcting common mistakes. Walk away with the tools to teach full twisting layouts safely, efficiently, and with greater consistency.

BUILDING CONFIDENCE & BREAKING BARRIERS

Tumbling is just as much mental as it is physical. This mindset-focused class is designed to help athletes overcome fear, self-doubt, and performance anxiety while building confidence and trust in their skills. Participants will learn strategies for goal setting, maintaining a positive mindset, improving focus, and handling setbacks. Coaches will leave with practical tools to help athletes break through mental barriers, perform with greater consistency, and develop the confidence needed to reach their full potential.

ELITE TWISTING

Learn how to properly teach high-level twisting skills in tumbling, from advanced twisting fundamentals to elite skill development. This class covers proper technique, body positioning, air awareness, and progression-based training methods to help athletes twist more efficiently and confidently. Coaches will learn how to identify technical errors, apply effective corrections, and use skill-specific drills to promote safer, more consistent execution of advanced twisting skills.



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BREAK OUT SESSIONS

CONDITIONING FOR SUCCESS

Learn how to properly strengthen and condition athletes for the physical demands of tumbling while helping reduce the risk of injury. While injuries are an unfortunate reality in any sport, it is our responsibility as coaches to do everything possible to minimize that risk through proper training, progressions, and athlete preparation. This class will provide practical strategies for developing stronger, more resilient athletes who can perform skills safely and effectively.

SPOTTING LEVEL 1:

Master the fundamentals of spotting Level 1 tumbling skills in both running and standing tumbling. This class covers proper spotting techniques, body positioning, timing, and safety considerations to help athletes learn skills with confidence. Coaches will also learn how to recognize and correct common beginner mistakes, creating a safer and more effective learning environment while promoting proper technique from the very beginning.

SPOTTING LEVELS 3 & 4

Learn the proper techniques for safely and effectively spotting tucks and layouts in a variety of training situations. This class covers spotter positioning, timing, athlete support, and critical safety considerations to help coaches build athlete confidence while minimizing risk. Participants will learn skill-specific spotting methods for both standing and running tumbling, along with common mistakes to avoid and best practices for progressing athletes safely through these essential Level 3 and Level 4 skills. Walk away with the knowledge and confidence to provide effective support while developing stronger, more successful athletes.



BREAK OUT SESSIONS

PHYSICS OF TUMBLING

Great coaches don't just know what to teach—they understand why skills work. This class explores the biomechanics and physics behind tumbling, helping coaches better understand how athletes generate power, create rotation, maintain body control, and maximize efficiency throughout a skill. By breaking down the science of movement, coaches will learn how to teach skills more effectively, identify technical errors faster, and troubleshoot athlete-specific challenges with greater confidence. Whether you're developing new athletes or refining advanced skills, understanding the "why" behind tumbling can transform the way you coach.

SPOTTING LEVELS 3 & 4

Learn the key progressions, techniques, and drills for teaching a standing full. This class covers proper body positions, takeoff mechanics, twisting technique, and common mistakes to help athletes develop a safe and consistent full.

TUMBLING MINDSET:

Tumbling success starts in the mind. This class focuses on the mental side of skill development, helping athletes build confidence, overcome fear, and develop the mindset needed to achieve new skills. Learn practical techniques for improving athlete motivation, managing mental blocks, creating a positive learning environment, and fostering resilience throughout the skill progression process. Athletes who believe they can succeed are far more likely to reach their full potential—and this class will show you how to help them get there.

BREAK OUT SESSIONS

STANDING FULLS

Learn the proper progressions and technical requirements for teaching a standing full. This class covers body positions, takeoff mechanics, twisting technique, skill-specific drills, and common mistakes. Coaches will learn how to build strong foundations, develop efficient twisting mechanics, and apply effective corrections to help athletes perform standing fulls safely, confidently, and consistently.

SPOTTING TWISTING

Learn how to safely assist and support athletes as they develop twisting skills. This class covers proper spotting techniques, hand placement, body positioning, and timing to provide effective support throughout the learning process. Coaches will also learn how to manage risk, recognize common errors, and apply safe spotting practices during twisting progressions to help athletes build confidence while reducing the likelihood of injury.

HOW TO MAKE YOUR FULL "DOUBLEABLE"

Take a deep dive into the world of twisting tumbling, from the fundamentals of a full twisting layout to the advanced mechanics of a double full. This class covers everything coaches need to know, including body positions, takeoff mechanics, twisting theory, air awareness, progressions, drills, and skill development strategies. Learn how to identify technical errors, make effective corrections, and safely guide athletes through each stage of the twisting journey. Whether you're teaching fulls for the first time or refining double fulls, this session covers the ins and outs—and everything in between.