

# Know When to Push & When to Pull



V!ROC

# Common Struggles

- Off Season
- Practice time - how often, how long?
- Injuries
- Being competitive vs. having “fun”
- Number of reps/full outs

# Spring

- Open gyms
- Tumbling classes
- Tryout clinics
- Tryouts
- Spring practices

# Individual

# Team

Push

- Tumbling skills
- New positions
- Expectations

- Basics/technique
- Strength and conditioning
- New skills

Pull

- Injuries - ongoing or lingering from previous season
- Time commitment

- Number of days and length of practices
- Intensity

# Summer

- Teams start practicing multiple times a week
- Camp preparation
- Camp
- Choreography
- Captain's practices
- Football preparation

# Individual

# Team

Push

- Flexibility
- Tumbling
- Strength

- Working skills as a team
- Stunt and pyramid sequences
- Team bonding

Pull

- Injuries
- Conflicts/Absences

- Intensity
- Routine practices

# Fall

- Back to school
- Increased practices
- Pep rallies/school events
- Football games
- Competition preparation
- Performances and first competitions
- Preparation for State

# Individual

# Team

Push

- Commitment
- Smart choices
- Education

- Level of intensity
- Routine sections/ reps
- Commitment/expectations

Pull

- Mental blocks
- Individualization

- Outside full team commitments - fundraisers, community service, etc.

# Winter

- Competition season is in full swing
- Basketball season starts
- Winter break/time off
- Increased illness
- Coming back from break

# Individual

# Team

Push

- Consistency
- “Team mentality”
- Making health a priority

- New difficulty
- Full outs and increased reps
- Practice time

Pull

- Illnesses (cough vs. flu)
- Injuries - use break to heal

- Non structured practices
- Individual successes (stunt group vs whole team)

# Nationals Preparation

- Additional practices
- Clean ups
- Routine changes
- Performances/send-offs

# Individual

# Team

Push

- Mental toughness
- Buy in - why you're here
- Minor injuries

- Your "why"
- Consistency
- Quality reps and full outs
- The small details

Pull

- Tumbling that isn't landing or mental blocks
- Major injuries

- Skills/difficulty that is struggling to hit (execution over difficulty)
- Routine changes

# General

- All athletes will need something different
  - Personality testing
  - Goal setting (summer, fall, winter & nationals)
- Remember, you know your team best!
- Keep your team's end goal in mind when deciding to push or pull. How will it help you reach this goal?

Q & A



V!ROC