

FLYER

Academy





HELLO & WELCOME!

Welcome to Flyer Academy!

Flyer Academy is brought back to life, now with Coach Allison exclusively located at PrimeTime Cheer! We are absolutely thrilled that this highly requested program is finally back, and even more excited that we have found the perfect home to host our specialized training. Coach Allison's widely known technical expertise is now combined with PrimeTime Cheer's premier facility, creating the ultimate environment for your athlete to soar.

With over 15 years specializing in flyer technique, Coach Allison understands that elite flying is more than just flexibility—it's a potent combination of discipline, technical science, and unwavering confidence. I created this program to provide a dedicated space where athletes can master the "how" and "why" behind every skill they pull.

My mission remains the same: whether your athlete is just starting their journey or is working toward elite-level extensions, our focus remains on precision, safety, and progress. In this academy, we don't just train for the next competition; we train for the long-term success and health of the athlete. I am thrilled to partner with you and your athlete to help them reach their highest potential—on and off the mat.

Let's get to work!

Coach Allison
Exclusively at PrimeTime Cheer



CLASS STRUCTURE

01 **Multi-Angle Flexibility**

Focusing on full-body alignment to ensure flyers can pull elite skills on both legs. We prioritize safe, controlled back stretching to maintain a healthy spine while achieving maximum extension.

02 **Functional Strength**

Developing "Flyer-Specific" muscle memory. Athletes learn exactly which muscles to engage for specific skills and how to activate their core and stabilizers to maintain a solid line in the air.

03 **Control & Distribution**

The science of balance. We train athletes on how to properly distribute their weight during transitions and how to pull skills while maintaining perfect vertical alignment and center control.

04 **Performance & Precision**

Mastering the "Elite Finish." We focus on building confidence and aggression in every pull, while perfecting the micro-movements—sharp motions, locked knees, and facial presence—that maximize scores.



MEET THE COACHES



ALLISON VIOLETTE

Tiny Flyer Class
Level 1 Flyer Class
Level 2 Flyer Class
Level 3 Flyer Class
Level 4-6 Flyer Class



LEVEL BREAKDOWN



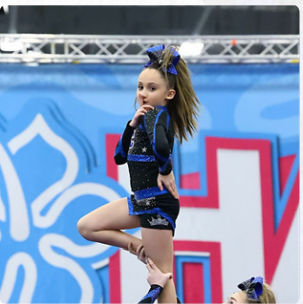
TINY FLYER CLASS

- Athletes ages 4-7 years old
- No pre-exquisites required



LEVEL 1 FLYER CLASS

- Athletes ages 8+ years old
- No pre-exquisite required



LEVEL 2 FLYER CLASS

- Athletes ages 8+ years old
- Must be able to hold the skills listed below on the stunt stand for 5 seconds
 - *Lib (right & left)*
- Have basic foundation of:
 - *Stretches, Arabesque & Scale*



LEVEL 3 FLYER CLASS

- Athletes ages 8+ years old
- Must be able to hold the skills listed below on the stunt stand for 5 seconds
 - *Lib (right & left) - Heel Stretches (right & left)*
 - *Scale (right & left) - Arabesque (right & left)*
- Have basic foundation of:
 - *Scorpions & Bows (both sides)*



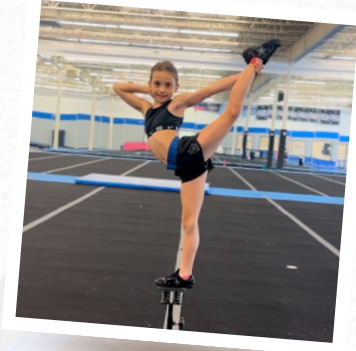
LEVEL 4-6 FLYER CLASS

- Athletes ages 8+ years old
- Must be able to hold the skills listed below on the stunt stand for 5 seconds
 - *Lib (right & left) - Heel Stretches (right & left) Scale (right & left) - Arabesque (right & left) - Kick Up*
 - *Scorpion (right & left) - Bow (right & left)*

OUR PROCESS

01 Evaluation & Placement

Every journey begins with a technical assessment. I evaluate the athlete's current flexibility, core strength, and air awareness to ensure they are placed in the designated level that will challenge them safely and effectively.



02 Flyer Academy Class Training

Our weekly signature training session. This hour is an immersion into the four pillars of flying: Flexibility for elite lines, Functional Strength for stability, Body Control for balance, and Performance for high-scoring "aggression" and precision.

03 Data-Driven Feedback

Consistency meets communication. At the end of each month, I compile a personalized Progress Report. This bridges the gap between practice and progress, giving parents and athletes a clear look at mastered skills and upcoming goals.



04 Level Progression & Mastery Milestone

As athletes hit their technical benchmarks and demonstrate mastery of their current level, they transition to the next stage of training. Our goal is a steady, confident progression toward elite-level execution, ensuring they are prepared for the highest level of competition.



PRICING & PACKAGES

Members Package Price

- No yearly program fee
- 4 classes per month
- 60 minutes per class
- Monthly progress report w/pictures & videos
- Group Communication

Price:
\$60/month

Non-Members Package

- Yearly Registration Fee Due
- 4 classes per month
- 60 minutes per class
- Monthly progress report w/pictures & videos
- Group Communication

Price:
\$80/month



***Registration
through
IClassPro***