

BA Strength and how we apply it!

◇ **What is the definition of strength?**

- Strength is the quality or state of being physically strong.

◇ **Why do we focus on strength at Brandon Allstars?**

- Strength benefits the athlete's performance in tumbling, stunting, jumping, flying, as well as improving their endurance. If an athlete focuses on strength and prioritizes it inside and outside of the gym, their ultimate power, strength, and stamina will increase.

◇ **What do we offer to improve an athlete's strength?**

- We offer monthly strength clinics to ensure each athlete can focus on the ultimate power and endurance required to maintain their best overall performance.
- We have workout equipment for athletes to use in classes, clinics, private lessons and team practices.
- We offer Tumbling clinics for athletes to work on overall strength building for each skill. They learn how to use ultimate power throughout each tumbling skill so they can use their strength to improve overall technique.

◇ **These are our strength-focused monthly clinics:**

- **BA Power:** For athletes looking to get stronger in their stunting and tumbling skills, BA Power provides exercises, conditioning, stamina building, and strength drills to help tone and perfect an athlete's endurance and ability. This clinic will utilize BA's newest workout equipment.
- **Jump to the Moon:** We train strength, drills, approach, and technique. This clinic will help to improve the height and overall mechanics of all jumps.
- **For the Flyers:** This clinic is for flyers (past, present, and future) wanting to improve their flexibility and learn the way we pull body positions at Brandon Allstars. This clinic is designed to streamline the look of all flyers to ensure everyone is uniform and consistent throughout the program. We will train multiple stretches, flyer strength, and body positions.