Creating Opportunities for Optimal Performance

- **Stretching**
  - Top Girls Flexibility
    - Scorpion/Scale Partner Stretch
    - Heel Stretch/Bow and Arrow Partner Stretch
    - Resistance Stretches
      - It shortens/contracts the muscle and once they relax it allows the muscle to lengthen

- **Strengthening/Conditioning**
  - Bases Acceleration
    - Runners Lunges (hip extension)
      - Works the weaker muscle group (either quad or hamstring)
    - Jump Squats (shoulder width stance)
      - Teaches them to explode through legs
      - Creates muscle memory
  - Core Strength
    - Negative Resistance with Partner (upper abdominal part of muscle)
    - Leg Raises/Throws with Partner (lower abdominal part of muscle)
      - If you throw to side, throw to the diagonal so you can work the oblique’s and transverse abdominal muscle
    - Flutter Kicks/Scissor Kicks
      - Spine should be pushed towards to ground
    - Combining Upper Body with Core (Bows and Toes)

- **Stunt Conditioning**
  - Hang Drill Holds
    - Teaches tops to hold own weight
  - Prep/Extension Retakes (always have spotter)
    - Teaches explosive movement and timing
  - Flat Back Overhead Press (can be done with a mat as well)
    - Teaches tops to remain in tight body position
    - Strengthens bases shoulders and teaches them to use legs to explode to get overhead

- **Importance of Conditioning and Flexibility**
  - Creates muscle memory
  - Teaches athletes to rely on technique (even when tired)
  - Partner/Group conditioning helps them work together when fatigued and frustrated
  - All skills become easier
  - Endurance improves in routines