

4 Blue Heron Drive, Suite 100
Collegeville, PA 19426
610.489.4911

www.revolutioncheergym.com



Tumbling



Whether your goal is beginning tumbling, mastering a back handspring, or learning to believe in yourself, Revolution can help you accomplish it.



Revolution Cheer and Tumbling Center is a 5,500 sq. foot facility dedicated to championship level cheerleading and tumbling.

Tumbling skills are the building blocks of strength, discipline, flexibility and coordination for many different sports.



Our classes are staffed with top quality instructors because our highest priority is safety through careful teaching of proper technique and skills progression.

4 Blue Heron Drive, Suite 100
Collegeville, PA 19426
610.489.4911

www.revolutioncheergym.com



Our Instructors:

Alonna Johnson

Director



An alumni of Methacton High School, Alonna cheered at Hofstra University while working as a Head Instructor for the National Cheerleaders Association. Coach Johnson began her coaching career at Norristown Area High School, moving to Methacton High School in 1998, where her team brought home the Suburban One title in their division in 2004 and 2005. In 2005 Methacton's crowning achievement was winning the title of ECA Large Varsity National Champions.

Coach Johnson is an elementary school teacher at Audubon Elementary School in the Methacton School District.

She is thrilled to be part of an amazing cheer family that emphasizes character and building the skills necessary to be successful on and off the mat.

Coach Johnson is USASF credentials through Level 5 in stunts, tosses, and tumbling, and is USAG and CPR certified.

Deana Ellison

Gym Manager; Cheer & Tumbling Coach



Deana has been with Penn Elite for six seasons. Prior to coming to Revolution, Deana spent ten years coaching at the rec, high school and all star levels, winning various local and national championships.

Additionally, Deana has spent time judging with several organizations, as well as teaching pre-school and recreational gymnastics. She is in her third season as the Head Coach at a local high school, where the team was undefeated last season.

Deana is a head coach for the Panthers and the Wildcats and is an advanced tumbling instructor.

Deana is AAACA certified, USASF credentials through Level 5 in stunts, tosses and tumbling and CPR certified.

Rosaria Parisi

Cheer and Tumbling Coach



Rosaria was a competitive gymnast until she began cheering. She was a cheerleader at Methacton High School and was a member of the team when Methacton HS won the Suburban

One Title and went on to be named ECA Large Varsity National Champions in 2005.

Rose has won a number of awards for individual performances, including Top Gun Tumbling and Best All-American at NCA camp in 2003 & 2004. She was also named as a Top Ten Finalist in Cheer Limited's National Cheerleader of the Year competition, and won the AACD Scholarship Competition at the Pro-Bowl in 2005.

Rose recently received her Undergraduate degree from Cabrini College and serves as head coach for the Cats and is an advanced tumbling instructor.

Rosaria is USASF credentials through Level 5 in stunts, tosses and tumbling and CPR certified.

Kim Bronico

Cheer and Tumbling Coach



Kim has been involved with cheerleading and gymnastics for over 30 years, either as a participant, a volunteer, or a coach.

She was a cheerleading coach for a local recreational league for girls aged 5-14 for six years and served as the cheer director for two of those years. She has taught preschool cheer/tumbling classes for four years and began teaching preschool cheer/tumble at Penn Elite in 2010.

This year is her second year coaching an all-star squad. (And she has loved every minute of it!) Kim is head coach for the Penn Elite Cheetahs.

In addition, Kim is pursuing her teaching certificate and Master's degree in Elementary Education at Cabrini College. She teaches preschool at Wonder Years Preschool in Royersford.

Kim is USASF and CPR certified.

4 Blue Heron Drive, Suite 100
Collegeville, PA 19426
610.489.4911

www.revolutioncheergym.com



Our Instructors:

Sean Wolf

Cheer and Tumbling Coach



Sean was first introduced to cheerleading during his senior year at Methacton High School in 2004. He then went on to cheer in college at Towson University where he became Captain of

the Cheer Team in both his freshman and sophomore years.

In 2006, Sean went on to cheer professionally for the National Football League's Baltimore Ravens for two seasons.

Sean graduated in 2008 with a degree in Exercise Science and is currently pursuing admittance into Grad School for his Doctorate of Physical Therapy.

He serves as a tumbling instructor and an assistant coach for the Panthers.

Jenny Rose Bridgens

Cheer and Tumbling Coach



Jenny Rose has been a member of the Penn Elite Panthers since its beginning in 2005 through 2008 when she graduated from Methacton High School.

At Methacton High School, Jenny Rose made the Varsity cheerleading squad as a freshman and remained on the varsity squad for all four years of high school. She was a member of the 2005 Methacton Varsity Squad that won a National Championship in Virginia under the coaching of Alonna Johnson. While at Methacton, Jenny Rose was named Most Valuable Cheerleader her junior year, and was co-captain and the winner of best back spot during her senior year.

During her three years as a Penn Elite Panther, Jenny Rose was named All American twice. She has taught tumbling classes for the past five years. Jenny Rose is excited to be the assistant coach for the Penn Elite Wildcats.

Michelle Tanco

Tumbling Coach



Michelle started gymnastics at the age of four and competed for a club team throughout high school, where she reached a level eight as a competitor.

Michelle began coaching gymnastics in 2006 and has been coaching tumbling with Revolution since 2010.

Michelle is currently a sophomore at Ursinus College with a double major in mathematics and computer science, and minoring in French.

Nick Glassmyer

Cheer and Tumbling Coach



Nick has been involved with the cheer world since 2004 after participating in the gymnastics world for many years.

He started cheering for open teams his sophomore year in college. He earned national championships as a member of his local all star open teams and began coaching soon after with a mini level 2 team. He became the tumbling director for the gym he was with at the time.

Nick is an advanced tumbling instructor and currently an assistant coach for the Cats.

4 Blue Heron Drive, Suite 100
Collegeville, PA 19426
610.489.4911

www.revolutioncheergym.com



Tumbling



Levels of Instruction:

Red

An introduction to tumbling. Athletes will learn skills leading to standing and round-off back-handspring.

Red Advanced

For athletes who have achieved basic tumbling skills, but are still working on back-hand-springs.

.....
Approval by Alonna or Deana required for registration in this class.

White

Athletes will work toward back-handsprings in a series as well as back tucks.

A strong standing back hand-spring and round-off is required to register for this class.

Blue

This class is geared towards the advanced tumbler.

Round-off back-handspring, back tuck, and L1 tumbling skills are required to register for this class.

Blue Advanced

Athletes will be working fulls and beyond. Round-off back-hand spring layout with set and good form, standing tuck required to register.

.....
Must be pre-approved by Alonna or Deana.

Flexible Flyer

This class will focus on increasing flexibility to enhance body positions in stunts, jumps and tumbling.

A minimum of five athletes must be registered for a class to be held.

4 Blue Heron Drive, Suite 100
 Collegetown, PA 19426
 610.489.4911

www.revolutioncheergym.com



Class Schedule: Winter Session 1

January 2 through March 3, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am						Blue White
9:30 am						
10:00 am						Red Red Advan.
10:30 am						
11:00 am						
4:30 pm		Red	Blue White	Red Red Advan.		
5:00 pm	Red				Blue White	
5:30 pm			Red Advanced			
6:00 pm	White				Red	
6:30 pm						
7:00 pm	Blue Advanced					
7:30 pm						
8:00 pm	Blue					
8:30 pm						
9:00 pm						
9:30 pm						

4 Blue Heron Drive, Suite 100
Collegeville, PA 19426
610.489.4911

www.revolutioncheergym.com



Tumbling



Class Pricing:

Annual registration fee.....\$50

This fee is paid upon registration and is then valid through May 31st of each year. It covers insurance and processing fees.

Winter Session\$135

*Monday through Saturday
1/2/12 through 3/3/12
Red, White and Blue Classes
20% discount for siblings*

Private lesson/30 minutes\$30

*Semi-private lesson/45 minutes...\$55

**Up to three athletes at this rate*

“ Revolution/Penn Elite has let our daughter live her cheerleading dreams, and taught her valuable lessons in a fun and supportive environment. Her coaches have helped her reach her tumbling goals, and taught her to challenge herself with each new skill gained. She has made new friends, boosted her confidence and learned the importance of teamwork, dedication, good sportsmanship, and community service. Revolution/Penn Elite has helped her become the well-rounded young woman she is today! ”

Cheryl

Penn Elite mom

“ I’ve been involved with cheerleading and tumbling since the sixth grade. I’ve learned to be committed, to work hard, to be a good teammate, to push myself to the next level, to really listen to my coaches, to respect other athletes, to celebrate the victories, but still hold my head up when we were less than perfect. This level of discipline and strong work ethic has positively translated into every area of my life. ”

Jenny Rose Bridgens

*Former Penn Elite Panther
Wildcats Assistant Coach*

“ As the very first members of the Penn Elite family, we have always been grateful that we walked through the doors on that day. Alonna and the staff at Revolution have helped our daughter develop into a great young lady and an incredible cheerleader. They genuinely care about the girls as individuals. Their coaching is about the complete experience of the athlete, stressing both the importance of working as a team to accomplish goals as well as maximizing one’s true individual potential. We couldn’t be happier with our daughters experience. ”

Amy Moore

Penn Elite mom