

## Regular Class Schedule

September 6, 2016—May 25, 2017

### Who We Are...

Home of 80 National Championship  
Titles &  
2011 NCA National Champs

Promote good sportsmanship amongst  
team members!

Fun, safe learning environment!

**Helps to develop self confidence and self-  
motivation in all members!**

Fun, Friendly, & Highly Qualified  
Coaching Staff and  
1:5 Coach/Athlete Ratio

*Community service activities to get youth  
involved in their community.*

2 full spring floors and flat tumbling  
floor for all tumbling  
training purposes!

2 Tumble Tracks, Rod Floor,  
Trampoline & Other Training  
Equipment Available

**United States All-Star Federation (USASF)  
and National Council for Spirit Safety Edu-  
cation (NCSSE) Certified Coaches**

*Recreational tumbling classes for  
ages 18 months and up!*

**Competitive Cheerleading Teams  
for ages 3 and up!**

## Mission Statement

**Spirit Express** will provide a safe, positive, and motivating learning environment that will develop young athletes not only to perform and compete with great skills, but also to become superior, all-round individuals.

**Spirit Express** promises to keep all parents involved in this process by keeping them informed of all gym events.

**Spirit Express** believes that a great athlete is a good sport, positive role model, and strives to make a difference in the lives of the members of their community. We encourage athletes to "EXPRESS" their truest selves!

## Location

3104 North Van Buren-Bldg B  
Enid, OK 73703

## Contact Info:

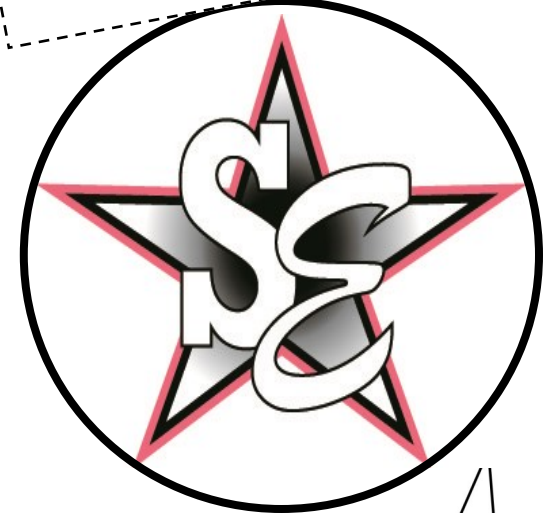
E-Mail:

missy@spiritexpressok.com

Phone:

(405)612-1002 or (580)348-0255

*Tumbling Classes!*  
**WE OFFER BOTH!**  
*Competitive Cheerleading!*



**SPIRIT EXPRESS**

Cheer & Tumbling  
Academy

Est. 2004

**Over a Decade of  
Success!  
Brand New Facility!**

Only Coaches in NW Oklahoma that  
are Nationally Safety Certified in  
Tumbling & Stunting at All Levels!

Visit Us  
Online!

[www.SpiritExpressOK.com](http://www.SpiritExpressOK.com)

## Meet The Owners Missy & Josh Quintero

Missy

\*Graduate of Garber High School with a Bachelors and Masters from Oklahoma State University. **Cheerleader at both Garber High and Oklahoma State Univ.**

\*2009-2010 OSSAA All-State Cheer Coach

\*Choreograph and Judge State and National Competitions and Routines.

\*12 Years on Universal Cheerleaders Association Staff. Coached Tumbling and Cheerleading for 20 Years.

\*Cheerleading Instructor for Macy's Thanksgiving Day Parade and Lord Mayor's New Year's Day Parade (London, England). Choreographed Cotton Bowl Half Time Routine.

\*Member of National Champions Oklahoma Twisters Competitive All-Star Squads (Open All-Girl and Coed Teams) 2002-2008

\*USASF Safety Certified

\*Varsity Brands All-Star Specialist

\*Graduate of Amarillo High School with a Bachelors from West Texas A&M. **Former West Texas A&M Cheerleader.**

\*Selected as one of the Top 30 Coaches Under 30 in the United States!

\*Varsity Brands All-Star Advisor

\*6 Years on Universal Cheerleaders Association Staff. Coached All-Stars & High School Cheerleaders throughout Texas and Oklahoma for 16 Years.

\*Former coach @ National Champions, Cheer Texas

\*Coordinator of Gymnastics Department at Amarillo College.

\*Choreograph and Judge Local, State, and National Routines and Competitions.

\*USASF Safety Certified

Josh

## Tumbling Classes

Just the 2 Of Us (18 mo.-3 yrs.)  
(Strength & Coordination)  
Wednesday 2:00-2:30 (\$30 mo)

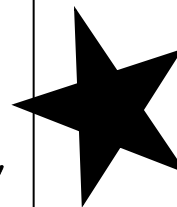
Hot Shots (3-5 yrs.)  
(Strength & Coordination)  
Tuesday 4:00-5:00 OR  
Thursday 4:00-5:00



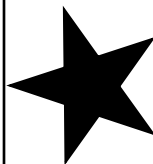
Super Hero Training (5-7 yrs. boys)  
(Strength & Coordination)  
Saturday Noon-1:00



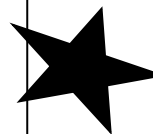
Beginning  
(Handstands, Cartwheels, Beg. Back-handsprings, etc...)  
Monday OR Tuesday  
OR Wednesday OR Thursday  
4:00-5:00



Intermediate  
(Running Back-handsprings & Beg. Standing & Running Tucks, etc...)  
Monday OR Tuesday  
OR Wednesday OR Thursday  
5:00-6:00



Advanced  
(Back-Handspring Tucks & Beg. Layouts, etc...)  
Monday OR Tuesday  
OR Wednesday  
6:00-7:00 OR Thursday 5:00-6:00



Elite  
(Coach's Approval Only)  
Monday OR Tues. OR Wed. 6:00-7:00

*We take new students at all times throughout the year (when space allows).*

## Competitive Cheer Teams (Ask for more details)

### Competitive Cheer Teams

Tiny, Mini, Youth, Junior, & Senior Competitive Teams are available  
\*Ages 3-18\*

### Special Athletes Tumble Team

(Always Open To New Members)



Skills That Must Be Displayed With NO SPOTS To Enter Each Class:

**No Requirements**  
**Just the 2 Of Us, Hot Shots, Super Hero Training & Beginning Tumbling**

**Intermediate: Standing Back-Handsprings (on wedge mat)**

**Advanced: Round-Off Tucks**

**Elite: Coach's Approval Only**

### Monthly Tuition for Tumbling Classes

\*Only \$60 a month for one class per week & \$80 a month for two classes per week!

\*Ask about Family Discounts!