

Skill Recommendations

Athleticism, listening skills, coordination, strength, flexibility and memory work.

Level jumps with correct arm placement, sharp motion technique, knowledge of counts and strong work ethic



Minimum Tumbling Recommendations

(Athletes must perform skills with excellent form and perfected execution with no spots.)

Level One- One-handed cartwheel, round off, forward roll, backward roll, front and back walkovers.

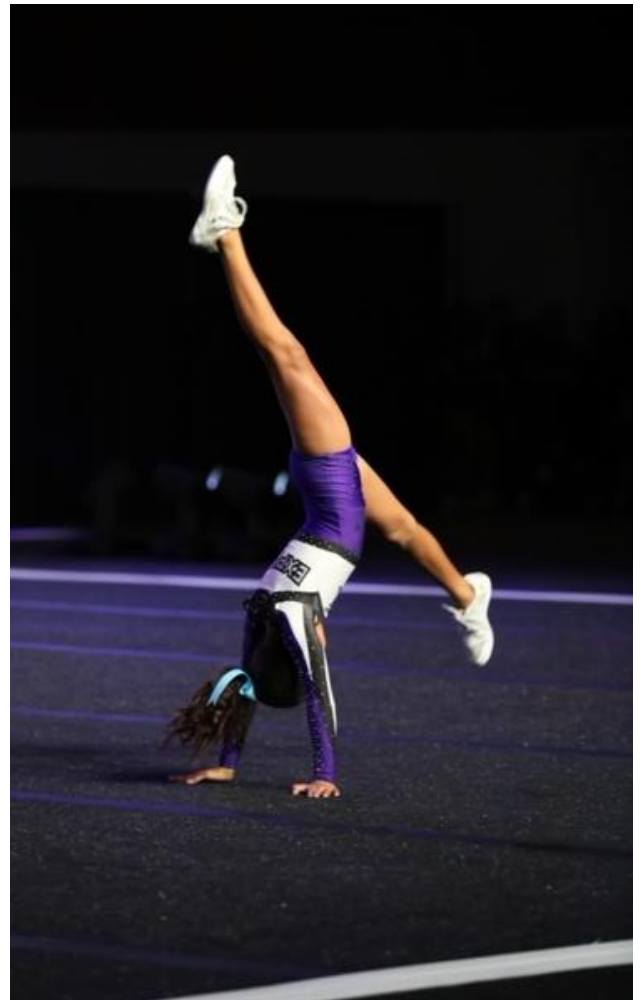
Level Two- – Standing back hand spring, back walkover back handspring, front walk over roundoff series of back hand springs

Level Three- Jump series of back hand springs, round off back hand spring back tuck, ariel/front tuck, alternate pass to back tuck

Level Four- Standing two back handsprings to back tuck, standing back hand spring back tuck, standing back tuck, running round off back hand spring layout, alternate pass to layout

Level Five- Toe touch back tuck, jumps two back hand springs to lay out, round off back hand spring full, and alternate passes to full

Level Six- Toe touch back tuck, two back hand springs to full, round off back hand spring double full, and alternate passes to full.





Flyer Skill Recommendations

**All Flyers will be required to have ALL body positions
(Right and Left Leg Heel Stretch, Right and Left Leg Arabesque, Scorpion and Scale)**

Level 1– Below prep level body position, stretch to stretch below prep level, $\frac{1}{4}$ up prep, cradle from prep, tick tock to body position at prep level, extended two-legged stunt.

Level 2 – Prep level body positions, stretch to stretch at prep level, $\frac{1}{2}$ up extension, $\frac{1}{2}$ tick tock to body position, straight ride basket.

Level 3 – Extended body positions, released stretch to stretch, $\frac{1}{2}$ tick tock to extended body position, full up to body position, full down, full basket.

Level 4 – Extended body positions, full up to extended lib, $1\frac{1}{2}$ to body position, extended stretch tick down to prep level stretch, full down from one legged stunt, double down from two-legged stunt, double or kick full basket.

Level 5 – Extended body position, extended body position to extended body position tick tock, full up to body position, double down from a one-legged stunt, $1\frac{1}{2}$ to extension, hitch kick full basket.

Level 6 – Extended body position, extended body position to extended body position tick tock, full up to body position, double down from a one-legged stunt, $1\frac{1}{2}$ to extended one leg stunt, kick double or hitch kick double full basket.