



WHEN: SATURDAY, MAY 11TH

WHERE: 12577 South 265 West, Draper, UT 84020

REQUIRED ITEMS TO BRING TO TRY OUTS:

- New Athletes will need to pay our \$45 annual registration fee
- New Athletes will also need to bring a copy of their birth certificate
- Everyone needs to fill out our medical release waiver

Level 1 Try Outs will run from 9am-10am. Please arrive on time.

Tumbling Skill Requirements: All Athletes need to have a Cartwheel and have Basic Knowledge of Front and Back Walkovers

Stunting Requirements: All Fliers must have a Heel Stretch

Level 2 Try Outs will run from 10am-11:00am. Please arrive on time.

Tumbling Requirements: Back Walkover Back Handspring and Front Walkover Roundoff Back Handsprings.

Stunting Requirements: Be able to Base, Backspot or Fly 2 Footed Extended Stunts as well as 1 Footed Prep Level Stunts. All Flyers must have right and left heel stretch and scorpion lifted leg...if flyer does not have the flexibility for these skills, she will not be considered for a flyer position.

Level 3 Try Outs will run from 11am-12:30pm. Please arrive on time

Tumbling Requirements: Toe Touch Triple Back Handsprings and Front Walkover Roundoff Back Handspring Back Tucks

Stunting Requirements: Be able to Base, Backspot or Fly 1 Footed Extended Stunts with a Straight Cradle and 2 Footed Extended Stunts with Full Downs. All Flyers must have right and left heel stretch and scorpion lifting leg...if flyer does not have the flexibility for these skills, she will not be considered for a flyer position.

Level 4-5 Try Outs will run from 12:30pm-2pm. Please arrive on time

Level 4 Tumbling Requirements: Standing Tuck, Jumps to Handspring Tucks; Front Walkover Roundoff Back Handspring Layout; and Either a Front Punch pass or a Whip Pass

Level 4 Stunting Requirements: Be able to Base, Backspot or Fly 1 Footed Extended Stunts with Full Downs and 2 Footed Stunts with Double Downs. All Flyers must have right and left heel stretch and scorpion lifting leg...if flyer does not have the flexibility for these skills, she will not be considered for a flyer position.

Level 5 Tumbling Requirements: Level 4 Skills and Jumps to Tucks, Standing Handsprings to Fulls and Running Tumbling to Fulls

Level 5 Stunting Requirements: Be able to Base, Backspot or Fly 1 Footed Extended Stunts with Double Downs and Full Ups to Extended Stunts with Double Downs. All Flyers must have right and left heel stretch and scorpion lifting leg...if flyer does not have the flexibility for these skills, she will not be considered for a flyer position.

***EVERYONE MAKES A TEAM...**

PLEASE EMAIL US AT MACSCHEER@COMCAST.NET FOR ANY QUESTIONS OUR WEBSITE FAILS TO ANSWER.