



WORKSHOPS FOR TRYOUTS: May 11th, 12th and 13th each day these are the times for workshops for tryouts

- **Level 1:** 4-5:30pm for first time athletes thru back walkover, front walkover tumbling
- **Level 2:** 4-5:30pm for standing and running back handspring tumbling
- **Level 3:** 4-5:30pm for handspring tucks standing and running
- **Level 4:** 5:30-7pm for standing tucks, layouts tumbling
- **Level 5:** 5:30-7pm for toe touch tuck and round off to full tumbling
- **Level 6:** 7-9pm for jumps to tuck, specialty pass with full and double full tumbling

TRYOUTS: MAY 15TH, SEE TIMES LISTED BELOW FOR EACH LEVEL TO ATTEND TRYOUTS

WHERE: 12577 South 265 West, Draper, UT 84020

REQUIRED ITEMS TO BRING TO WORKSHOPS OR TRY OUTS:

- New Athletes will need to pay our \$50 annual registration fee
- New Athletes will also need to bring a copy of their birth certificate
- All Athletes will need to purchase Summer Practice Wear. Cost \$85.00
- All Athletes will need to fill out our new medical release waiver and our parent contract

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 Flyers 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 kick up...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 kick up...if flyer does not have the flexibility for these skills, she will not be considered for a flyer position.

Level 4-6 Try Outs will run from 12:30pm-2pm. Please arrive on time

Level 4 Tumbling Requirements: Standing Tuck, Jumps to Handspring Tucks and Front

Walkover Roundoff Back Handspring Layout; and Either a Front Punch pass or a Whip Pass

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

Level 5 Tumbling Requirements: Jumps to Tucks, Standing Handsprings to Layouts and Running Tumbling to Fulls.

Level 6 Tumbling Requirements: Jumps to Tucks, Standing Handsprings to Fulls and Running Tumbling to Fulls.

Level 5&6 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 kick up...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.**