

**MAC'S CHEER
DRAPER**



**FIRST TEAM
PLACEMENTS**

**TRYOUTS: MAY 20th
LEVEL TO ATTEND BASED ON**

**SEE TIMES LISTED BELOW FOR EACH
AGE AND ABILITY**

WORKSHOPS: MAY 2ND, 3RD, 4TH, 8TH, 9TH, 10TH, 11TH, 15TH, 16TH, 17TH & 18TH EACH DAY FOR THE DIFFERENT LEVELS:

LEVEL 1&2 @ 4-5:30PM

LEVEL 3, 4 & 4.2 @ 5:30PM-7PM

LEVEL 5&6 @ 7-9PM

YOU WILL PAY \$160 FOR WORKSHOPS AND TUITION FOR MAY. PLEASE ATTEND AS MANY WORKSHOPS AS YOU CAN.

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
- \$160 for Workshops and May tuition.
- All Athletes will need to purchase Summer Practice Wear. Cost \$105.00
- All Athletes will need to fill out our new medical release waiver and our parent contract

ALL STAR PREP: TINY AND MINI (Ages 4-6yrs) 8:30am-9am. Please arrive on time. YOU MUST BE BORN BY 2018 TO BE ON A COMPETITIVE TEAM. Tiny's will be a full year Elite team with no travel.

Tumbling requirements: Cartwheel. We would like to see front walkovers and back walkovers.

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

Tumbling Skill Requirements: All Athletes need to have a Valdez, back walkover switch leg, Cartwheel to 2 Back walkover and Front walk over Cartwheel.

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 switch kick back handspring, back handspring step out, front bounder, front walkover roundoff back handspring, Roundoff back handspring step out

Stunting Requirements: Be able to Base, Back spot 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: Back handspring step out back handspring back handspring, Front walkover roundoff tuck, Roundoff back handspring tuck, front walkover Ariel.

Stunting Requirements: Be able to Base, Back spot 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, 5 and 6 Try Outs will run from 12:30-2:00pm. Please arrive on time

Level 4 Tumbling Requirements: Round off back handspring layout, Roundoff whip tuck, Toe touch back handspring tuck and Standing back handspring back handspring tuck.

Level 5 Tumbling Requirements: Toe touch tuck, Standing back handspring to layout, back handspring back handspring whip tuck, Roundoff back handspring full

Any specialty tumbling that lands in a full.

Level 6 Tumbling Requirements: Standing full/hand full. Standing back handspring back handspring to full/double full. Roundoff back handspring double full or whip full. Specialty thru to full or double full (Punch front or Arabian).

Stunting Requirements:

Level 4 Stunting: Be able to Base, Back spot 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 & 6 Stunting Be able to Base, Back spot or Fly 1 Footed Extended Stunts with Double Downs and 1 Footed Stunts with full ups, and tick tocks. 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.**