

**MAC'S CHEER
FARMINGTON**



**FIRST TEAM
PLACEMENTS**

WHEN: THURSDAY, MAY 18TH

WHERE: 1262 South 650 West, Farmington, UT 84025

SEE SESSIONS BELOW WHEN TO COME TO TRYOUTS ON MAY 18TH

WORKSHOPS HELD DAILY: MAY 2ND, 3RD, 4TH, 8TH, 9TH, 10TH, 11TH, 15TH, 16TH, 17TH.

LEVEL 1, 2 & 3 @ 4-6PM EACH DAY

LEVEL 4, 5 & 6 @ 6-8PM EACH DAY

PLEASE ATTEND AS MANY WORKSHOPS AS YOU CAN TO GET READY FOR TRYOUTS

REQUIRED ITEMS TO BRING TO 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

PLEASE HELP US SPREAD THE WORD ABOUT OUR UPCOMING TRY OUTS:

TIMES: Please pay attention to the following times to make sure you attend the session that matches your skills.

ALL STAR PREP: TINY, MINI & JUNIOR (Ages 4-14yrs) NONTRAVEL 4-4:30pm. Please arrive on time.

Session 1: Try Outs will run from 4:30pm-5:00pm. Please Arrive on time

Skills: All Athletes need to have a Cartwheel and have Basic Knowledge of Front and Back Walkovers

Session 2: Try Outs will run from 5:00-5:30pm. Please Arrive on time

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

Session 3: Try Outs will run from 5:30-6:00pm. Please Arrive on Time

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

Session 4-6: Try Outs will run from 6:00-6:30pm

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

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.

***EVERYONE MAKES A TEAM...PLEASE EMAIL US AT MACSCHEER@COMCAST.NET FOR ANY QUESTIONS OUR WEBSITE FAILS TO ANSWER.**