

**MAC'S CHEER
LINDON**



**FIRST TEAM
PLACEMENTS**

WHEN: THURSDAY, MAY 9TH

WHERE: 420 N. 1200 WEST, LINDON, UT

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

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

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

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

Stunting Requirements: 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.

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

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

Stunting Requirements: 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.

Session 4 and 5: Try Outs will run from 5:30-6:00pm

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 Fulls and Running Tumbling to Fulls.

Stunting Requirements: 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.

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

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