

Tryout Requirements by Level

South Elite All Stars 2010 – 2011 Season

****Level 5 on 2nd page****

Level 1 -

No prior experience needed

Level 2 -

Stunting - (Bases and Flyers)

Solid Preps and Extensions

Show N go

Prep level One legged stunts.

Tumbling -

Round off and strong Forward rolls

Backhandspring is allowed at this level (These are not a must but have to show potential to get it)

Level 3 -

Stunting (Basing and flyers)

Strong One legged stunts (liberties, stretches, aerobesques)

360 squishes

Full down from Extended two legged Stunt

Tumbling

Strong Double Toe Backhandspring

Round off 2 Backhandsprings

Round off Tuck

Round off Backhandspring Tuck

Level 4 -

Stunting (Basing and flyers)

Strong one legged stunts

360 squish and 360 to Extension

Full downs from one legged Stunts

Kick Full Baskets

Tumbling

Strong standing 3 handsprings

Standing Tuck

Standing 2 HS's to Tuck

Round Handspring Tuck (Working Layouts)

Specialty pass through to a Tuck

Level 5 -

Stunting (Basing and flyers)

360 to the top (One legged)
Tick Tocks (one leg to opposite one leg)
Kick Double Baskets
Double Down from all Body Postions on One Leg.

Tumbling

Standing Triple Toe Back
Standing HS through to layout (Working fulls)
Standing 2 to Full
Standing Full
Round off HS Full - Doubles and specialties

Note**

To make each Level you must either have mastered the stunting at the level OR the tumbling. You have a better chance at making your level with both Tumbling and Stunting skills, but this is not always the case.

We are really pushing the Level 5's to have mastered requirements in BOTH tumbling and stunting. We do know that there always are some special athletes that excel in Level 5 in one of the areas, these people will be looked at for the team as well.