

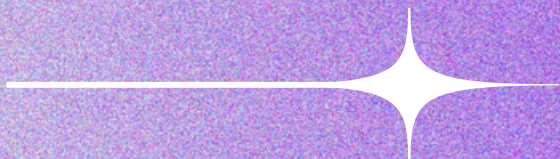
STARSTRUCK ALL STARS



# Elite Team Placements SKILL GUIDE

We hope the information in this guide will help to provide a clear understanding of what athletes are expected to demonstrate at team placements, as well as how each skill will be evaluated.

In addition to skills being evaluated, please remember that ATTITUDE is being evaluated constantly. Attitude and coach ability are also factors we consider when placing athletes on teams.



2024 - 2025 SZN

# TUMBLING

## WARMUP

Each athlete will have as much time as they need to practice skills and get properly warmed up for their tryout. There will be a designated section of the mat for athletes to get warmed up. NO skills are allowed to be warmed up on Tumbl Trak and staff will not be providing any spotting.

## TUMBLING EVALUATION

Athletes will demonstrate a minimum of 3 and a max of 5 skills for each level starting at Level 1 until highest tumbling ability is reached. We recommend demonstrating as many PASSES as possible. This will demonstrate your highest tumbling ability within each level most accurately.

When demonstrating tumbling passes, each skill inside of the pass will count toward the maximum of 5 skills to be evaluated per level. Use the charts below to reference and choose the skills you will demonstrate at tryouts.

Staff will be evaluating overall tumbling technique as well as the following.

- Body Control
- Arm Placement
- Landings
- Strength / Flexibility / Mobility
- Athletic Potential

# JUMPS

## JUMP EVALUATION

All athletes will demonstrate the following jumps.

- Single Toe Touch
- Double Toe Touch
- Single Front Hurdler (Athlete may choose right or left)
- Double Front Hurdler (Athlete may choose right or left)

Athletes may be asked to re-demonstrate any single jump or double jump series. Athletes can ask to do any of the required jumps up to ONE additional time.

In addition to overall technique, while assessing jumps we will be noting the following.

- Leg Placement
- Arm Placement
- Landings
- Jump Height
- Pointed Toes
- Strength / Mobility / Flexibility
- Athletic Potential

# DANCE

## DANCE EVALUATION

All athletes are expected to demonstrate a dance at team placements. Upon registration, counts and video footage will be emailed directly.

You will receive counts and video of 2 dances. An intermediate version and an advanced version. Reference below for what dance your athlete needs to practice and demonstrate at placements.

- Intermediate (Ages 9 and under)
- Advanced (Ages 10 and older)

Anyone 9 and under who wants to learn the advanced version is welcome to, however this will not be expected.

While evaluating the dance portion at tryouts we will be looking at the following.

- Arm placement
- Timing and memory
- Strength of motions
- Performance (facials and energy)
- Confidence

# FLYERS

## FLEXIBILITY

Anyone that has interest in being a flyer or has been a flyer on a previous team will demonstrate the body positions listed below.

Flyers have a huge role and responsibility on a cheer team. A teams ability to handle difficult stunts as well as choreograph various creative elements relies largely on a flyers flexibility and strength.

## FLYER EVALUATION

Flyers will demonstrate the following body positions.

- Right Heel Stretch
- Left Heel Stretch
- Right Scale
- Left Scale
- Bow 'n' Arrow (standing on right, pulling left)
- Kick Scorpion (standing on right, pulling left)

# TUMBLING SKILL GUIDE

Athletes will demonstrate a minimum of 3 and a max of 5 skills for each level starting at Level 1. A standing, and running skill needs to be demonstrated.

## LEVEL 1

Standing	Running	Recommended Passes
<ul style="list-style-type: none"> <li>• Handstand</li> <li>• Forward/Backward Roll</li> <li>• Backbend Kick Over</li> <li>• Back Walkover (BWO)</li> </ul>	<ul style="list-style-type: none"> <li>• Cartwheel (CW)</li> <li>• Round Off (RO)</li> <li>• Front Walkover (FWO)</li> </ul>	<ul style="list-style-type: none"> <li>• CW + 2 BWO</li> <li>• FWO + CW + BWO</li> </ul>

## LEVEL 2

Standing	Running	Recommended Passes
<ul style="list-style-type: none"> <li>• Back Handspring (BHS)</li> <li>• Back Handspring Step Out (BHS.STO)</li> </ul>	<ul style="list-style-type: none"> <li>• RO + BHS</li> <li>• RO + BHS.STO</li> <li>• Bounder</li> </ul>	<ul style="list-style-type: none"> <li>• RO + 2 BHS</li> <li>• FWO + RO + BHS</li> <li>• BWO + BHS</li> </ul>

## LEVEL 3

Standing	Running	Recommended Passes
<ul style="list-style-type: none"> <li>• BHS + Toe Touch (TT)</li> <li>• BWO + 2 BHS</li> <li>• TT + BHS Series</li> <li>• BHS Series (3)</li> </ul>	<ul style="list-style-type: none"> <li>• RO + Back Tuck (BT)</li> <li>• Aerial</li> <li>• Punch Front (PF)</li> </ul>	<ul style="list-style-type: none"> <li>• RO + BHS + BT</li> <li>• TT + BHS + TT + BHS</li> <li>• BHS.STO + 2 BHS</li> <li>• FWO + RO + BHS + BT</li> </ul>

## LEVEL 4

Standing	Running	Recommended Passes
<ul style="list-style-type: none"> <li>• BT</li> <li>• BWO + BT</li> <li>• BHS Series + BT</li> </ul>	<ul style="list-style-type: none"> <li>• CW + BT</li> <li>• FWO + CW + BT</li> <li>• Aerial + BT</li> </ul>	<ul style="list-style-type: none"> <li>• PF Step Out + RO + BHS + BT or Lay</li> <li>• RO + BHS + Layout (Lay) or X-Out</li> <li>• FWO + RO + BHS + Lay</li> </ul>

## Skill Abbreviation Glossary

<ul style="list-style-type: none"> <li>• Cartwheel = CW</li> <li>• Round Off = RO</li> <li>• Back Walkover = BWO</li> <li>• Front Walkover = FWO</li> <li>• Back Handspring = BHS</li> </ul>	<ul style="list-style-type: none"> <li>• Back Handspring Step Out = BHS.STO</li> <li>• Toe Touch = TT</li> <li>• Back Tuck = BT</li> <li>• Punch Front = PF</li> <li>• Layout = Lay</li> </ul>
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