

SEASON 2024-2025



A L L G I R L
SKILLS

We 'd like to see at tryouts

IN CASE YOU WONDER

WHAT SKILLS TO BE WORKING ON

Here's a potential list of skills
we would like to see at tryouts and
possibly use in the routine next year

Gio Smith | Rory Jones

SKILLS

Basics/Minimum requirement:

- Quick toss extension
- Quick toss lib
- Full up extension
- Switch Up

Advanced:

- Full up lib/stretch
- Hands full around
- Round off up to single leg extended
- H2H tick
- Full down

Elite:

- Back handspring up two feet
- Back handspring up lib
- Full up switch up to stretch
- Low to high tick full around
- H2H tick full around
- Kick full down

Baskets:

- Kick Double
- Full Kick Full
- Ball X Full

Standing tumbling:

- Tuck
- BHS Tuck
- Cartwheel Tuck

Running tumbling:

- RBHS Tuck
- RBHS Lay
- RBHS Fulls **Preferred**

Non tumblers will be evaluated based on stunting ability and will make the team based on needs of certain positions.