

SEASON 2024-2025



C O E D  
**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

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## SKILLS

### Basics (no movement):

- Toss Block
- Hands Lib
- Hands Cupie

### Intermediate (no movement):

- Toss Lib/Stretch
- Toss Cupie
- Purdue up Hand in Hand
- Toss Lo to Hi tic Lib
- Toss Stretch Straight Cradle
- Toss Arabesque Straight Cradle

### Advanced (min or no movement):

- Full-up to Lib
- Ext hand in hand pop thru to block
- Hi-to-Hi lib to stretch AND arabesque
- Stretch Double Down
- Arabesque Double Down

### Pyramid Skills

#### (Double base and/or prep level brace):

- Front Handspring Up
- Extended hand in hand pop thru to single leg hitch
- Dolphin (180 Dolphin preferred)
- RO up to single leg (lib)

### Baskets:

- Hitch Kick Full
- Kick DoublesCartwheel Tuck

### Tumblers (minimum):

- Standing back tuck/ Toe touch back tuck
- RO BHS Tuck
- Standing BHS Tuck

### Stunt Sequence 1)

Hand in hand pop thru to stretch DD

### Stunt Sequence 2)

Toss or full-up cupies, hands, full around block

### Stunt Sequence 3)

Tic - Tocs

### 2 min Fitness Test:

- MALES: 50 pushups, 80 sit-ups, 50 squat jumps, 5 min 1k
- FEMALES: 30 pushups, 80 sit-ups, 50 squat jumps, 5 min 1k