



SEASON 25-26

TRY OUT INFO

ALL GIRL ELITE

Below you will find the list of skills that will be assessed during the upcoming tryouts. Candidates are encouraged to prepare these skills in advance. In addition, there is an opportunity to demonstrate skills not included on the list, such as higher-level abilities, to showcase your full potential.

We encourage all interested participants to take part in the tryouts, regardless of their current level of skill or experience.

Preference is for participants to try out as a groupstunt; however, individuals are also warmly welcomed and encouraged to try out. We highly value talent and dedication in all forms and look forward to seeing all participants demonstrate their abilities.

Participants may choose to try out as tumblers, stunts or both disciplines.

The tryouts will take place over two days. Following the first day, a preliminary selection will be made to determine which candidates will continue to the second day. The second day will consist of further evaluation and will mark the official start of the season for those selected.

The selection procedure will be based on the demonstration of skills, technique, overall performance and coachability during both days of the tryouts. All candidates will be informed by email whether or not they have been selected.

Please note that there is a strict dress code of wearing all black shirt/top on black shorts/bottoms for the tryouts. Participants are required to wear the designated attire without exceptions to ensure uniformity.

A tryout fee of 15 euros applies to all participants.

Skills list tryouts All-Girl

	Basic	Advanced
Stunts	<ul style="list-style-type: none"> • Backhandspring up (1 or 2 feet) • 360 switch up • 1 (1/2) up any variation • Hand in hand (1 or 2 feet) • High to high tic • Tic full • Double down • Scale double down • Kick full down 	<ul style="list-style-type: none"> • Rewind (without bracers) • Extended hand in hand (2 feet) • Hand in hand pop forward (2 feet) • Scorpion double down
Baskets	<ul style="list-style-type: none"> • Kick double • Hitch kick full • Switch kick full • Ball X full 	<ul style="list-style-type: none"> • Hitch kick double
Flyers	<ul style="list-style-type: none"> • Heelstretch left and right • Arabesque • Scale 	<ul style="list-style-type: none"> • Scorpion
Tumbling	<ul style="list-style-type: none"> • Back tuck • Roundoff backhandspring tuck • Roundoff backhandspring lay out 	<ul style="list-style-type: none"> • Toe touch tuck • Roundoff backhandspring full

Fittest All-Girl

- 2 x floor runs side to side (run there, back, there, back)
- 20 squad jumps (90 degrees bending knees and jump as high as you can)
- 2 x floor runs side to side (run there, back, there, back)
- 10 pike push up (head touches floor in push up)
- 2 x floor runs side to side (run there, back, there, back)
- 10 Straddle V-sits (must lie flat on floor between every rep)
- 1 x floor long jumps side to side (jump there and back)
- 10 burpees

Practice weekends

- **September:** 27-28
 - **October:** 25-26
 - **November:** 15-16
 - **December:** 20-21
 - **January:** 17-18
 - **February:** 14-15
 - **March:** 7-8, 21-22
 - **April:** 4-5 (*if possible, preferred time sunday: 14:00 – 21:00u*)
 - **April:** 11-12
- Orlando trip:** April 18-26