



SEASON 25-26

TRY OUT INFO

CO-ED 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 couples; 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 audition 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 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.

STUNTS (no movement)

Mounts:

- Hands lib
- Hands cupie
- Tosses to the top: including toss extension, toss block, toss liberty, toss cupie.
- Full up to block
- Purdue to block

Transitions:

- High to high tic toc
- Hands full around to block

Dismounts:

- Cradle from block position
- Twisting dismounts (single or double down) from arabesque position
- Pop full from block position

TUMBLING

Standing

- Standing backhandspring
- Standing back tuck/full

Running

- Round off backhandspring
- Round off tuck/lay out/full
- Roundoff - backhandspring - tuck/lay out/full

BASKETS

- Kick full
- Hitch kick full
- Kick double

Flyers

- Stretches both left and right leg: Heelstretch, Bow & Arrow, Scale, Arabesque, Scorpion

Fit test (every athlete)

- Time: 10 mins to repeat as many rounds as possible.
 - 2 x floor runs side to side (run there, back, there, back(9mats))
 - 10 pike push ups (crown of head touches floor)
 - 10 straddle V-sits (must lie flat on floor between every rep - heels on floor & arms up with back of hands on floor)
 - 20 jump lunges (back knee touches the floor)
 - 20 mountain climbers (opposite knee touches opposite elbow)
 - Burpee broad (long) jump - side to side on floor (hands go down in between feet after landing the broad jump for next burpee)
 - bear crawls - side to side (9 mats)

Repeat this as many times as possible within 10 minutes.