

Tumbling Tryout for Full Year All-Star Teams



TRYOUT SKILLS THAT ATHLETES WILL BE ASKED TO PERFORM

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
Standing Pass #1	BWO Switch Leg	BWO Switch Leg BHS	3 BHS	Standing Tuck	Toe Touch Tuck	1 BHS to Full
Standing Pass #2	2 BWO	BHS Step Out BWO BHS	BHS Step Out 2 BHS	1 BHS to Tuck	1 BHS to Layout	2 BHS to Full
Running Pass	Cartwheel 2 BWO	RO 2 BHS	RO BHS Tuck	RO BHS Layout	RO BHS Full	RO BHS Double

ADDITIONAL SKILLS THAT ATHLETES WILL BE ABLE TO PERFORM IF THEY CAN

Additional Optional Skills	Front Walkover Cartwheel Valdez BWO	FWO RO BHS BWO BHS RO BHS Step Out BWO BHS Bounder/Flyspring	FWO RO Tuck BHS Step Out BWO 2 BHS FWO RO BHS Tuck FWO Aerial	2 BHS to Tuck Punch Front to Layout	PF to Full 2 to Whip 2 to Layout 2 to Whip Tuck Whip to Full	Standing Full Standing 2/3 BHS to Double Arabian to Full RO BHS Full BHS BHS Full
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