

ATHLETE EXPECTATIONS: LEVEL I

Athletic Skills:

- Forward Roll
- Cartwheel
- Roundoff
- BWO & FWO
- Running Specialty Passes
- Jump Combinations
- Front and back stretches on both legs (Flyers)

Above all we are looking for **COACHABLE athletes who:**

- Encourage teammates
- Work well with others
- Attend each practice (prepared and on time)
- Have a great work ethic
- Bring positivity to the team
- Have the ability to apply constructive criticism
- Follow rules (no nails, no gum, no cellphones, etc.)

ATHLETE EXPECTATIONS: LEVEL 2

Athletic Skills:

- Standing Back Handspring
- BWO & FWO Back Handspring
- Running Multiple Back Handsprings
- Running Specialty Passes
- Strong Jump Combinations
- Ability to perform level appropriate stunting
- Front and back stretches on both legs (Flyers)

Above all we are looking for **COACHABLE athletes who:**

- Encourage teammates
- Work well with others
- Attend each practice (prepared and on time)
- Have a great work ethic
- Bring positivity to the team
- Have the ability to apply constructive criticism
- Follow rules (no nails, no gum, no cellphones, etc.)

ATHLETE EXPECTATIONS: LEVEL 3

Athletic Skills:

- Standing Multiple Back Handspring
- Toe touch Back Handspring
- Back Handspring Toe Touch Back Handspring
- Front Punch
- Running Specialty Passes
- Strong Jump Combinations
- Ability to perform Elite stunting
- Front and back stretches on both legs (Flyers)

Above all we are looking for **COACHABLE athletes who:**

- Encourage teammates
- Work well with others
- Attend each practice (prepared and on time)
- Have a great work ethic
- Bring positivity to the team
- Have the ability to apply constructive criticism
- Follow rules (no nails, no gum, no cellphones, etc.)

ATHLETE EXPECTATIONS: LEVEL 4

Athletic Skills:

- Jump Handspring Tuck
- Single/Double to Tuck
- Cartwheel Tuck
- Standing Tuck
- Running Layout/ Specialty Passes
- Strong Jump Combinations
- Ability to perform Elite stunting
- Front and back stretches on both legs (Flyers)

Above all we are looking for COACHABLE athletes who:

- Encourage teammates
- Work well with others
- Attend each practice (prepared and on time)
- Have a great work ethic
- Bring positivity to the team
- Have the ability to apply constructive criticism
- Follow rules (no nails, no gum, no cellphones, etc.)

ATHLETE EXPECTATIONS: LEVEL 5

Athletic Skills:

- Jump Combinations to a Standing Tuck
- Round-off full twist or double full
- Specialty Passes: Round off BHS Double Full
 - Standing 3 Back Handsprings to Double Full
 - Punch Front Round Off Back Handspring Full
- Ability to perform Elite stunting
- Front and back stretches on both legs (Flyers)

Above all we are looking for **COACHABLE athletes who:**

- Encourage teammates
- Work well with others
- Attend each practice (prepared and on time)
- Have a great work ethic
- Bring positivity to the team
- Have the ability to apply constructive criticism
- Follow rules (no nails, no gum, no cellphones, etc.)