

## The Maryland Twisters Stunting Expectations

The entire program received an email regarding our updated tryout process for the upcoming season in regards to tumbling. However that is only one aspect of the score sheet. During tryouts we will also be assessing your child as an overall cheerleader, i.e. stunting, jumps, motions, etc. This includes but is not limited to attitude, work ethic, enthusiasm, and coachability.

Your athlete is first and foremost a cheer athlete. The sport is so demanding that you cannot simply be "a base" or "a flyer". Your athlete may have to wear several different hats in the routines and we want to stress that versatility is essential in our sport. A base may be asked to fly and a flyer may be asked to base depending on what the routine needs. Please stay open-minded when it comes to experiencing different roles on the team.

If you want to be considered a flyer, the Maryland Twisters program has a certain level of expectation that comes with that role. Flyers are expected to have at the very least a right and left heel stretch, a bow & arrow, a scorpion, scale, and arabesque. However please note skills such as a needle, kick scorpion, opposite bow & arrow, and paperclips are considered elite. These skills are not required, however, it is highly recommended for your athlete to have these body positions. We offer both flexibility and stunt classes to help your athlete gain these skills. You can now sign up online and can find our full class schedule at <https://www.iclassprov2.com/icpv2/parentportal/marylandtwisters/classes>

Stunting is increasing in difficulty each season. Teams are expected to perform *at least* 4 different stunt transitions just to be in range. With that being said, we have to take your **athlete's size** into consideration when putting together rosters. The coaching staff has full discretion when it comes to building the team rosters. Of course there will always be exceptions in order to make sure the team is well-rounded and successful on all parts of the score sheet.

Listed below are the skills we are looking for our athletes to be able to perform based on level.

### **BASING**

#### Level 1

- no experience necessary

#### Level 2

- basic knowledge of stunting and grips
- able to base/back and catch a straight ride basket toss
- able to base prep level tick tocks

- able to base fully extended 2 legged stunts

### Level 3

- intermediate knowledge of stunting and grips
- able to base fully extended 1 leg stunts
- has some concept of basing transitional elements such as full ups to prep, half up to extended positions, and suspended flips
- able to base/back and catch a 360 toss

### Level 4

- advanced knowledge of stunting and grips
- able to base full up to extended position
- able to base tick tocks to extended position
- able to base/back and catch a kick single toss

### Level 5

- advanced knowledge of stunting and grips
- able to base 1.5/double up to extended position
- able to base tick tocks to extended position
- able to base inversions to extended position
- able to base/back and catch a kick double basket

## **FLYING**

### Level 1

- no experience necessary

### Level 2

- basic knowledge of flying
- able to perform prep level tick tocks to body positions
- able to perform a pop cradle from 2 legs extended
- able to fly in a straight ride toss

### Level 3

- intermediate knowledge of flying
- able to perform half up to extended body position
- able to perform full up to one leg at prep level
- able to perform a single down from 2 legs extended
- able to fly on the opposite leg at extended position
- able to perform a 360 toss or a level 3 variation

#### Level 4

- advanced knowledge of flying
- able to perform full up extended to position
- able to tick tock to extended body position
- able to double down dismount from 2 legs extended
- able to perform a kick single toss or level 4 variation

#### Level 5

- advanced knowledge of flying
- able to fly on both legs at extended position
- able to perform tick tocks to extended body positions on both legs
- able to perform a 1.5/double up to extended position
- able to perform a double down from 1 leg extended
- able to perform kick double toss