

# Wake Forest All-Stars Cheerleading



## 2018-2019 Tryouts

We are excited for tryouts for our upcoming 2018-2019 season! Tryouts will be held at Young's Gym on Tuesday, May 22<sup>nd</sup> and Thursday, May 24<sup>th</sup>. For the 2018-2019 tryouts, WFAS will group athletes by the current USASF tumbling levels. Athletes will attend a tryout date and time based on their ability to perform **ALL** the tumbling skills for that level.

When:

<b>Tuesday, May 22<sup>nd</sup></b>	<b>Thursday, May 24<sup>th</sup></b>
5:00-6:30 Level 1 and 2	5:00-6:30 Level 2
6:00-8:00 Level 3	6:00-8:00 Level 3
7:30-9:30 Level 4 and Restricted 5	7:30-9:30 Level 4 and Restricted 5

Where: Young's Gym, 1213 South Main St., Wake Forest, NC 27587

***Athlete's must meet the minimum and/or maximum age in any division on or before August 31st, 2018.***

If your child does not have **ALL** the required skills for a level then she must attend the level in which she can perform **ALL** of the required tumbling skills. If she can perform skills at a higher level she will be given the opportunity to do so at her tryout.

**Teams will be posted on Friday, May 25<sup>th</sup> by 5:00pm**

**\*\*Please understand that YOUTH/JUNIOR/SENIOR (ages 9-18) must tryout with a minimum of a back handspring & round off back handspring to be eligible for a WFAS team\*\***

Parent meetings will be held on Tuesday, May 29<sup>th</sup> and Thursday, May 31<sup>st</sup>. Specific times for parent meetings will be posted on Friday, May 25<sup>th</sup> along with team placements.

More detailed information about the WFAS program and our upcoming tryouts for the 2018-2019 season can be found on our website at [www.wfascheer.com](http://www.wfascheer.com).

Tumbling requirements for each level are on the back of this flyer!

Turn Over 

# Tumbling Requirements

## Level 1 (No Required Skills)

- Cartwheel (Preferred Skill)
- Back Walkover (Preferred Skill)

## Required to attend Level 2 tryouts

- Back Handspring
- Back Walkover-Back Handspring
- Round Off 2 Back Handsprings
- Front Walkover Round Off 2 Back Handsprings



## Required to attend Level 3 tryouts

- Toe Touch 3 Back Handsprings
- Front Walkover or Punch Front to Round Off Back Handspring Tuck
- Punch Front
- Aerial (Preferred Skill)

## Required to attend Level 4 tryouts

- Standing Back Tuck
- 2 Back Handsprings Back Tuck
- Toe Touch, Back Handspring, Back Tuck
- Specialty pass ending in a layout

## Required to attend Restricted Level 5 tryouts

- Toe touch Back Tuck
- Standing 2 Back Handsprings to a layout
- Round Off Back Handspring to a full twisting layout