

**TRIBE**  
**ATHLETICS**

*Elite Team  
Placements Skill  
Booklet*

**2024 - 2025**

**SEASON**

# **Athlete Steps During Placement Weekend**

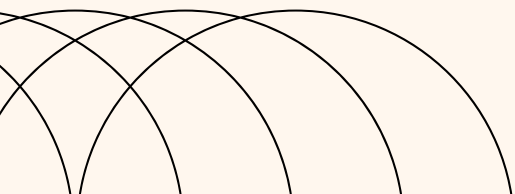


**Apparel Sizing With Staff**

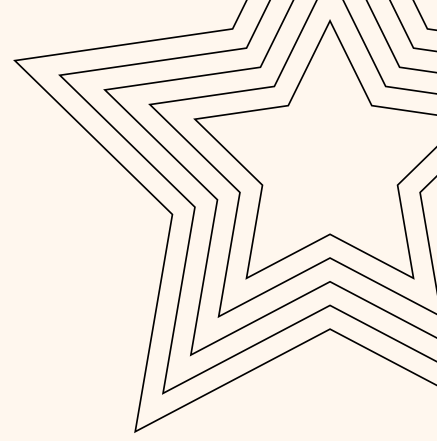
**Tumbling Evaluation**

**Jump Evaluation**

**Flexibility Evals (Potential Flyers)**



# Apparel



## **SIZING WITH OUR STAFF + PARENT**

After checking in, Athletes will proceed to our sizing area to work with the Tribe Staff and a Parent to be sized for gear for the season including

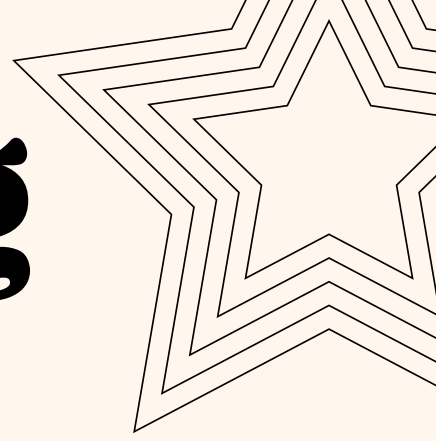
- Shoes (if ordered)
- Jacket (if ordered)
- All Practice Gear
- All Uniform Pieces

Parents must double check sizing for accuracy before submitting, as items will be ordered according to the sizes downloaded from placement weekend sizing.

The following practice wear items are included in the 2024-2025 Elite Team Apparel Package:

- 3 T-Shirts
- 1 Tank Top
- 1 Sports Bra
- 1 Practice Bow

# Tumbling



## **TUMBLING WARM UP**

Athletes will be allotted as much time as they need to stretch out and warm up their skills on the provided warm up floor. They may NOT warm up any skills on other equipment (tumble track, etc) and will NOT be given any spot throughout the warm up/evaluation process

## **TUMBLING EVALUATION**

Once the Athlete is done warming up, Athletes will then move to one of the next floors where they will meet with one of our Staff members to complete their Tumbling skill evaluation. Athletes will choose a total of FOUR skills.. ONE skill from each column listed on the Skill Chart (located on Skill Chart file and following page). Athletes are welcome to choose a fifth skill from the fifth column which is labeled as 'Optional Additional Skills.'

The Staff member will have the Athlete perform each skill more than once to check consistency of the skill, no more than three times total per skill. The staff member will decide where on the floor that the Athlete performs their skills which will vary on each skill/repetition that they do throughout their evaluation - They may be asked to perform the skill from any of the four corners on a floor, from front to back or back to front on the floor, or from one side of the floor to the other. This will ensure the Athlete has the ability to perform their skills anywhere on the floor if they happen to perform that specific skill in a routine.

# TUMBLING SKILL LISTS

**LEVEL 1**

**LEVEL 2**

**LEVEL 3**

**LEVEL 4**

**LEVEL 5**

**LEVEL 6**

ATHLETES WILL CHOOSE **ONE** SKILL FROM EACH BOX. SKILL LEVELS ARE DEFINED BY THE COLOR THAT THE SKILL IS LISTED IN. SELECTED SKILLS CAN BE FROM DIFFERENT LEVELS.

## KEY:

FWO = FRONT WALKOVER

CW = CARTWHEEL

BHS = BACK HAND SPRING

BWO = BACK WALKOVER

RO = ROUND OFF

### SELECT ONE OF THE FOLLOWING

BACKWARD ROLL

BWO SWITCH KICK

VALDEZ

BWO SWITCH KICK BHS

BHS STEP OUT BWO BHS BHS

BWO TUCK

BHS STEP OUT STEP IN TUCK

BHS BHS WHIP BHS TUCK/LAYOUT

TOE TOUCH BHS BHS LAYOUT

BHS BHS FULL

BHS BHS DOUBLE FULL

### SELECT ONE OF THE FOLLOWING

ROUND OFF

FWO CW

FWO RO BHS

RO BHS STEP OUT BWO BHS

FWO RO BHS TUCK

RO BHS STEP OUT 1/2 TURN RO BHS TUCK

RO BHS WHIP BHS TUCK/LAYOUT

PUNCH FRONT STEP OUT RO BHS TUCK/LAYOUT

ANY SPECIALTY PASS THRU TO FULL (WHIP, PUNCH FRONT STEP OUT, ARABIAN, ETC.)

ANY SPECIALTY PASS THRU TO DOUBLE FULL

### SELECT ONE OF THE FOLLOWING

HANDSTAND FORWARD ROLL

BWO BWO

BHS STEP OUT BWO BHS

BHS STEP OUT STEP IN BHS BHS

BHS TUCK

TOE TOUCH BHS TUCK

BHS LAYOUT

BHS FULL

STANDING FULL

### SELECT ONE OF THE FOLLOWING

CARTWHEEL

CW BWO BWO

POWER HURDLE  
RO BHS BHS

POWER HURDLE  
RO BHS TUCK

POWER HURDLE  
RO BHS LAYOUT

POWER HURDLE  
RO BHS FULL

RO BHS DOUBLE FULL

### \*OPTIONAL\* ADDITIONAL SKILLS

FWO FRONT HANDSPRING

FRONT HANDSPRING PUNCH FRONT

BOUNDER

PUNCH FRONT STEP OUT AERIAL

FWO AERIAL

PUNCH FRONT STEP OUT FHS PUNCH FRONT

PUNCH FRONT

FRONT FULL

# Jumps

After the Athlete has completed the tumbling portion of evaluations, they will move to the Jump portion.

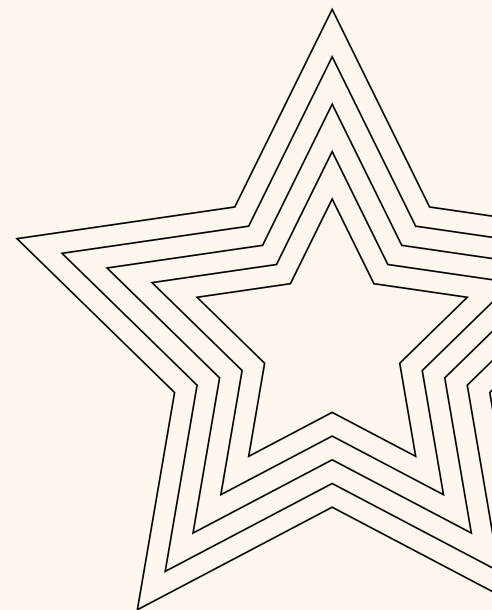
Athletes will be asked to show the Staff Member both the following Jumps/Jump Series

- Single Toe Touch
- Double Front Hurdler (Athlete can choose to do their left or right side)

The Staff may ask to see the toe touch or the hurdlers a second time, and Athletes may ask to do either or both up to one additional time.

Our Staff will be assessing

- Overall technique
- Height
- Flexibility
- Pointed Toes
- Leg Placement
- Arms Placement
- Landings



# Potential Flyer Eval



## INTRODUCTION

Flying on a Team is a HUGE role and responsibility. Being a flyer on a Team is VERY selective as there is a small flyer to base ratio on each Team. Flyers are placed on Teams for specific reasons, with a huge part of this being flexibility. Having flyers with excellent flexibility allows us to choreograph more creative and visual elements within our routines.

## BODY POSITION PORTION

Athletes will first be asked to show the Staff members the following body positions:

Heel Stretch (Standing on Right Leg, Pulling Left Leg Up)

Heel Stretch (Standing on Left Leg, Pulling Right Leg Up)

Bow N Arrow (Standing on Right Leg, Pulling Left Leg Up)

Kick Up Scorpion (Standing on Right Leg, Pulling Left Leg Up)

If the Athlete can demonstrate all of the above body positions on the floor, the Athlete will perform body positions to specific counts in the air on a set our Staff as bases at prep level or extended level based on staff discretion. Flyers MUST learn the counts listed on the next page - they will have one try to complete this in the air with a cheerleading 8 count beat track and it WILL be recorded and used to re-watch when placing flyers on Teams.

## POTENTIAL ADDITIONAL SKILL EVALUATION

After completing the flexibility portion, the Staff Members may do a quick skill evaluation with Flyers in the air if the Staff believes they have the potential to fly on a level that surpasses their tumbling level. This is not something the Athlete will prepare for beforehand, just a heads up that flyers may be at the flyer portion for longer than just flexibility.

# Flyers Continued: Body Positions Counts

(Example Videos are on website)

## FRONT FLEXIBILITY (STANDING ON RIGHT LEG)

- 1 Set Right Foot in stunt
- 3 Hold
- 5 Dip to one foot
- 7 Hold Clean
- 1 Pull Left Heel Stretch with clean arm
- 3 Hold Stretch
- 5 High V Right Arm
- 7 Hold Stretch
- 1 Grab Left Foot with Right Arm
- 3 Hold
- 5 Hit Bow - Left arm out through left leg
- 7 Hold Bow N Arrow
- 1 Clean
- 3 Down To Smoosh



## FRONT FLEXIBILITY (STANDING ON LEFT LEG)

- 1 Set Right Foot in stunt
- 3 Hold
- 5 Dip to one foot
- 7 Hold Clean
- 1 Pull Left Heel Stretch with clean arm
- 3 Hold Stretch
- 5 High V Right Arm
- 7 Hold Stretch
- 1 Clean
- 3 Down to Smoosh



## BACK FLEXIBILITY (STANDING ON RIGHT LEG)

- 1 Set Right Foot in stunt
- 3 Hold
- 5 Dip
- 7 Clean leg
- 1 Swing Left foot forward (if needed for kick up)
- 3 Kick Up Needle + Make Connection
- 5 Hit Full Needle
- 7 Hold Needle
- 1 Hold Needle
- 3 Hold Needle
- 5 Clean
- 7 Down to Smoosh

