



TEAM BC 2024 ATHLETE INFO!

Please read over the Introduction document, as well as this document in FULL before applying. Questions regarding Team BC 2024 or the tryout process can be directed to hp@bc sportcheer.ca

Before applying, please make sure all members of your group meet the following criteria:

- Are registered BCSC members (check with your gym, or program director if you are not sure!)
- Are aged 12-14 in 2024 for Youth Median (level 3)
- Are aged 15-18 in 2024 for Junior Advanced (level 4)
- Can make all of the listed commitments including July 15th-17th, August 11th-13th and November 17th-19th, and competitions.
- Have parent and coach support to apply (see expected fees!)
- Train, and film video with supervision of a certified coach
- Are currently training, or will be training on an All Star or Scholastic team in BC in 2023/2024 (confirmation to be provided by supervising coach)

Tryout Requirements:

Each group is encouraged to submit ONE skills video, and ONE application form to apply. Videos should include a quick introduction of each group member (and position) and the following skills:

Youth Median (level 3, 12-14 years old)	Junior Advanced (level 4, 15-18 years old)
Baskets: <ul style="list-style-type: none">- Full Twist- 1 other basket of your choice	Baskets: <ul style="list-style-type: none">- Kick Full Basket- 1 other basket of your choice
Stunts: <ul style="list-style-type: none">- Switch up to body position at prep level, press to extension, full twist dismount	Stunts: <ul style="list-style-type: none">- Switch up to body position at extended level, full twist dismount- 1 ½ twisting transition to prep level

<ul style="list-style-type: none"> - Half up to extended liberty, straight cradle dismount - Full twisting tic toc to liberty position at prep level OR 360 Switch up to liberty at prep level, bump down - Inversion to prep level (your choice). At prep level, please demonstrate all body positions you are comfortable with. 	<ul style="list-style-type: none"> body position, bump down - Full up to liberty, switch down to prep level single leg stunt, prep double down dismount - Inversion to extended level (bhs up, hand in hand, etc), pancake dismount - 1 other stunt of your choice. Please also demonstrate all body positions you are comfortable with.
<p>Jumps/Tumbling:</p> <ul style="list-style-type: none"> - Double toe touch - Series backhandspring - Roundoff bhs back tuck - Specialty passes ending in a tuck 	<p>Jumps/Tumbling:</p> <ul style="list-style-type: none"> - Double toe touch - Standing tuck - Two bhs to Tuck - Roundoff bhs layout - Specialty passes ending in a layout

Application Forms can be found here: <https://forms.gle/7s9NQm2vJvC6wK548>.

Please submit your video via link format. If you are having trouble sending your video, please reach out to hp@bcSPORTCHEER.ca before the deadline.

All applications and videos must be submitted by Friday June 16th to be considered!

FAQs:

1. Can I tryout as an individual?

No, not at this time. Please tryout as a base group of 4 athletes. Two bases, top person and backspot. If you are having trouble making a group, please talk to your current coaches and ask for help!

2. Are front spots allowed?

You may use the assistance of a front in your video for BASKETS only. All stunting should be completed without the use of a front spot.

3. What if I don't tumble? Can I still be considered?

There were athletes that didn't contribute tumbling to our routine last year, but as the routine/division(s) requires a tumbling section, all groups are encouraged to demonstrate as much tumbling as possible!

4. Is there a limit on how many teams can apply from one gym?

No! Talk to your current coaches to make sure you have supervision and their support before trying out. There is no limit on how many groups can apply from one gym/program; however, as bringing together athletes from across BC is the goal of the program, selections for the roster will be made to ensure this is possible. The board reserves the right to final roster decisions to ensure the goal of representation is met.

5. What if I have never done level 3 (Youth Median) or level 4 (Junior Advanced) before?

That is okay! However, Team BC is not designed to teach athletes a brand new level. Athletes should bring confidence and experience to the program as we meet in person only a few times. Many athletes on the roster in 2022/2023 competed at a higher level all season on their All Star teams, and some competed at the same level or below!

6. What if I cannot demonstrate one or more of the skills listed above?

Please only demonstrate skills you are able to do safely. Ask your supervising coach for a safe modification/progression to show if you are not able to safely demonstrate all listed skills.

7. Do I need to tumble on non-sprung mat, or is spring floor okay?

Performing tumbling on non-sprung mat is a great goal, but spring floor tumbling is fine for video tryouts. Please note: if the team is successful in being selected for Team Canada, the ICU Championships will occur on non-sprung floor.

8. Can I tryout with group members from another gym?

Yes! We had a group that represented two gyms in 2022/2023! Please speak with your coach(es) before stunting with other athletes to ensure you have proper supervision and support.