

## High Performance Program

In 2021, BC Sport Cheer partnered with the Canadian Sport Institute Pacific (CSI-P) to offer the opportunity for BC athletes to be recognized as High Performance athletes within the Sport of Cheerleading.

### Eligibility:

- Athlete must be intending to Cheer for the 2024-2025 Season
- Athlete must be registered as a BC Sport athlete for the 2023-2024 season
- Athlete must be registered to compete at the BC Provincial Championships in 2024 (either as a team or in a group or partner stunt)
- Athlete must meet requirements as set out below to fulfill the P1 or P2 standards OR must be a rostered athlete on Team Canada Senior National All-Girl or Coed

### High Performance Pathway - Provincial Designation

The following skills will be used by BC Sport Cheer evaluators to identify High Performance Athletes in BC. The progressions listed below are skills necessary to compete at the highest level of Cheerleading, and necessary to move from the Provincial Level, to Canadian Developmental or Canadian Elite designation.

### Group Stunt

Athletes will be required to perform all skills within a base group (of 4). All basket requirements can add a front spot of their choice. All basket and stunt sequence skills must be performed. For additional requirements, athletes may select the tumbling OR the stunting skills (not a combination of both). Groups may choose to demonstrate both the additional tumbling and stunting if only a portion of the group is able to tumble.

## HOW TO APPLY

**New Athletes:** If you or ANY member of your group is NOT currently designated as a High Performance athlete, you will be evaluated by a live zoom assessment. During this 15 minute assessment, all skills must be performed in order (Baskets, Stunt Sequence, followed by Additional Skills).

Please use this link: <https://forms.gle/YZ4UWWTvhjLpfExd7> to register by March 15, 2024.

Please only submit one form per group and a coach evaluator will reach out to schedule your zoom assessment sometime in March 2024.

**Note:** it is possible for not all participants to receive designation within a group. If not all athletes perform the tumbling requirements, or are unable to satisfy the additional stunting requirements—one or more members may NOT be selected. In addition, coach evaluators may determine that the execution of skills performed does not meet the Provincial Standard.

Successful applicants will be notified in April 2024.

### Existing High Performance Athletes:

Please submit the form <https://forms.gle/YZ4UWWTvhjLpfExd7> to register.

Provincial Level 1 (P1)  
Level 7<sup>1</sup>

Basket	Stunt Sequence	Additional Requirements
<ol style="list-style-type: none"> <li>1 basket with flipping (Layout, Arabian, Xout)</li> <li>1 basket with flipping and twisting (1 full twist- full basket, Xout full, double, Arabian Full, Arabian 1 ½,)</li> </ol>	<ol style="list-style-type: none"> <li>1. BHS Full Up- Backward Flipping Dismount OR FHS 1.5</li> <li>2. Roundoff Rewind to extension or liberty- Front Flipping Dismount</li> <li>3. Free Released 360 Switch Up to Liberty, Top to Top full around to body position, flipping dismount</li> <li>4. Extended hand in hand pop through to extension, pop down</li> </ol>	<ol style="list-style-type: none"> <li>1. Jump Tuck, and 2 to Layout (minimum)</li> <li>2. Specialty pass to a full or double</li> </ol> <p>OR</p> <ol style="list-style-type: none"> <li>1. Rewind to body position, back layout half dismount</li> <li>2. Double around (prep to top) to liberty</li> </ol>

Provincial Level 2 (P2)  
Level 6<sup>2</sup>

Basket	Stunt Sequence	Additional Requirements
<ol style="list-style-type: none"> <li>1. Kick Double, Hitch or Switch Kick Double Basket</li> </ol>	<p>BHS up to body position - double twist dismount OR FHS ½ to body position</p> <p>Rewind to Extended Level- pop down</p> <p>Free Released 360 Switch up to liberty, lower to prep, 1½ around to extended body position</p> <p>Prep level hand in hand, pop through to extended body position, pancake dismount</p>	<ol style="list-style-type: none"> <li>1. Jump Tuck, and 2 to Layout (minimum)</li> <li>2. Specialty pass to a full or double</li> </ol> <p>OR</p> <ol style="list-style-type: none"> <li>1. Double around (prep to top) to liberty</li> <li>2. Inversion half to extension</li> </ol>

<sup>1</sup> Athletes must be age eligible for Level 7 to perform these skills

<sup>2</sup> Athletes must be age eligible for Level 6 to perform these skills

## High Performance Pathway- Developing Towards Provincial Identification

The following skills are suggested progressions to assist athletes in working towards the provincial level and the ability to apply to the High Performance Program in future intake cycles. Athletes should master one level, and have approval and support from a certified coach before progressing to the next set of skills.

### Level 5

Basket	Stunt Sequence	Additional Requirements
1. Hitch, or Switch Kick Full Basket	<ol style="list-style-type: none"> <li>BHS up to Lib, pull body position, double twist dismount</li> <li>½ switch up to liberty, lower to prep, full around to extension</li> <li>Prep level Hand In Hand to Extension, prone dismount</li> <li>Full up to liberty, high to high tic toc, bump down</li> </ol>	<ol style="list-style-type: none"> <li>Jump Tuck, and 2 to Tuck (minimum)</li> <li>Specialty pass to a layout, or Running pass to a full</li> </ol> <p>OR</p> <ol style="list-style-type: none"> <li>Full twisting tic toc to liberty (low to high)</li> <li>1½ up to liberty</li> </ol>

### Level 4

Basket	Stunt Sequence	Additional Requirements
1. Kick Full Basket	<ol style="list-style-type: none"> <li>BHS up to extension double down dismount (from top or prep level)</li> <li>Switch up to extended body position, full twist dismount</li> <li>Prep level hand in hand, pop through to prep</li> <li>Extended body position tic toc to prep level body position, kick full dismount</li> </ol>	<ol style="list-style-type: none"> <li>Standing Tuck, and 2 to Tuck</li> <li>Specialty pass to a layout</li> </ol> <p>OR</p> <ol style="list-style-type: none"> <li>Full around- prep to extended liberty</li> <li>Ball up to extended liberty</li> </ol>

### Level 3

Basket	Stunt Sequence	Additional Requirements
1. Full twist basket	<ol style="list-style-type: none"> <li>1. BHS up to prep- full down dismount</li> <li>2. Switch up to prep level body position, press to extension, full twist dismount</li> <li>3. Inversion to extended body position, ¼ twist cradle from single leg</li> <li>4. Full twisting tic toc at prep level to body position</li> </ol>	<ol style="list-style-type: none"> <li>1. Series BHS</li> <li>2. Specialty pass through to tuck</li> </ol> <p style="text-align: center;">OR</p> <ol style="list-style-type: none"> <li>1. ½ twisting inversion to extended body position</li> <li>2. Ball up to prep level heel stretch</li> </ol>

### Level 2

Basket	Stunt Sequence	Additional Requirements
1. Straight ride basket	<ol style="list-style-type: none"> <li>1. Switch up to prep level body position, tic toc.</li> <li>2. Inversion to extension, ¼ twist cradle</li> <li>3. Full twisting tic toc at prep level to body position</li> </ol>	<ol style="list-style-type: none"> <li>3. Standing BHS and BWO BHS</li> <li>4. Specialty pass through to back handspring</li> </ol> <p style="text-align: center;">OR</p> <ol style="list-style-type: none"> <li>3. ½ twisting inversion to extension</li> <li>4. Ball up to prep liberty</li> </ol>

### Level 1

Stunt Sequence	Additional Requirements
<ol style="list-style-type: none"> <li>1. Show and Go to Extension</li> <li>2. Switch up to liberty at prep, prone</li> <li>3. ¼ up to prep, cradle</li> <li>4. Extended flat back</li> </ol>	<ol style="list-style-type: none"> <li>1. Front walkover and back walkover</li> <li>2. Specialty pass ending in a back walkover</li> </ol> <p style="text-align: center;">OR</p> <ol style="list-style-type: none"> <li>1. ¼ twisting tic toc at prep level with a bracer(body position to body position)</li> <li>2. ¼ twisting switch up to body position</li> </ol>