

	Minimum skillset for Varsity consideration		Anticipated Varsity team skillset for '20-21 season	
Tumbling Skills				
	Level 2	Level 3	Level 4	Level 5
	FHS	BHS series	(3)Combo jump-T	4 jump-tuck or 2 jump-T 2 jump tuck
	Aerial	Punch front	BHS-LO/full	Full
	BHS	Front Ariel	Whip through-T	jump-full
	Jump - BHS	Tuck	Jump-BHS-LO	3-full
		Jumps - BHS	BHSx-LO	Jumps-BHS-LO
		Jump - Tuck	BHSx-Full	Jumps-BHS-Full
		BHS - tuck		Whip-LO Whip-Full
	<i>Running</i>	<i>Running</i>	<i>Running</i>	<i>Running</i>
	BHS series	RO - tuck	RO-LO	(Cartwheel) RO-Full
	F.walkover-BHS series	RO-BHS-tuck	RO-BHS-LO	Full-full
		pike	Whip-tuck	Arabian-full
		F.walkover-tuck/ pike	Whip-LO (tuck)	Whip, whip, LO
			Full	CYO:
			Whip-Full*	CYO:
Stunting Skills				
	Level 2	Level 3	Level 4	Level 5
	Straight Stretch full down	Switch-stretch	inversion from chest level to one leg	1.5 up - stretch
	2-1 Lib (prep/smush)	1/4 switch	1/2 & 3/4 switch-stretch	Double up
	Straight Ride	Full up	1.5 up*	High-high Full around
	High pop cradle	Low-high (lib)	Full up-stretch	H/H tic w/.25 rotation
	Baja	Low-high full around	Low-high (stretch-stretch) w/rotation	handspring or cartwheel inversion to stretch
	Full around (1/2)		Low-high full around - stretch	360 switch up
	Switch up	One man	Kick full down	One man - extended
	1/2 up	360 showNgo	Arabesque 1.5 down	Handstand inversion to extended
	Straight cradle	Full down any stretch	Side (cartwheel) cradle	ground up full up
	Pop off	Baja full	Superman-twist	Hitch kick full down
	4 skill transition	Waterfall	6 skill transition	Split cradles (full)
	2 skill basket toss	Superman	Hitch-kick full basket	7 skill transition
	full basket toss	Split pop-off	front & back flip*	Kick-kick full basket
		5 skill transition	flip to top* (from smush)	rewind to top*
		kick full basket	CYO:	arabian flip/cartwheel flip*
		high-high tic*	CYO:	CYO:
			CYO:	CYO:
			CYO:	CYO:
* Indicate braced skills to be performed in pyramids; CYO= create your own suitable for level				
Jumping Skills				
	Level 2 - below level	Level 3 - At level	Level 4 - Inverted	Level 5 - Exceptional
	Toe	Toe	Toe	Toe
	R&L Hurdler	R&L Hurdler	R&L Hurdler	R&L Hurdler
	Pike	Pike	Pike	Pike
	Double 9	Double 9	Double 9	Double 9
	ATW	ATW	ATW	ATW
	Combos:	Combos:	Combos:	Combos:
	Double Toe	Double Toe	3-Toe	Pike 2ble 9
	Pike Hurdler	Pike Hurdler	Pike 2ble 9	4 jumps rotating prep
	Toe-R Hurdler	R-Toe-L Hurdler	R-Toe-L Hurdler	R-Toe-L Hurdler
		2T-BHS	3T-Tuck	4T-Tuck
		T-Tuck	2T HS-LO	2T full/HS full
				CYO:
Dance/Motions				
	Level 2	Level 3	Level 4	Level 5
	Intermediate tech	Moderate tech	Advanced Tech	Advanced Tech
	Correct placement	Tight/correct placement	Precise placement, controlled motions	Precise placement, controlled motions
	Synch w/others	watches to synch w/others	Leads synch with others	Leads synch with others
	Mid level changes	can perf. 1/2 beats	can perf. 1/2 beats	can perf. 1/2 & 1/4 beats
	Mod. footwork	makes formation changes	can perf. motions with level changes	can perf. motions with mult. level changes
		Can make mult. level changes	Fast pace, high energy	Fast pace, high energy
		Maintains energy	Advanced footwork	Advanced footwork
		Intermediate footwork		100% facials, 100% of the time
General				