

On what level should my child be placed?

This is a complex question. YOUR TUMBLING AT TRYOUTS IS NOT THE ONLY DETERMINING FACTOR ON TEAM PLACEMENT/LEVEL. Granted, tumbling (both standing and running) are important factors, but it is NOT THE FACTOR.

Perfection before progression is very important, not only for team success but for safety. We not only take into consideration the athlete's tryout performance, but her/his experience on the current level of cheer. Questions that will be considered: Was the athlete on the higher end of a level? In how many sections of the routine did they participate? Were the athletes hitting their stunts and executing their tumbling at competition? Is the athlete physically and mentally ready to move to a higher level? What role will the athlete fill for this team/level? Each higher level requires more practice, commitment, mental toughness, and maturity. It is also very important for athletes to experience a season in which they are the stronger tumbler, flyer, base, jumper, or performer on a team. It only gets harder as athletes level up. For some reason, no one wants to be at the highest end of a level or the oldest in a division, but that is a contributing factor in higher scores and placements during competitions.

LEVEL 1

- **Level 1** athletes have mastered elite level 1 skills such as a front/back walkover or connected level 1 elite skills. Front and Back Walkovers must be executed with beautiful technique. Level 1 athletes are working on perfect jumps, motions, and stunting, all while performing a 2:30-minute routine flawlessly. Majority of our level 1 athletes have been or are working on back handsprings during team tumble time or outside of practice such as in a tumble class or private lesson.

LEVEL 2

- **Level 2** athletes have mastered the perfect back handspring. (legs together, straight legs, strong arms, toes pointed, and chest up upon landing). Athletes should incorporate all level 1 skills into a level combination pass, both standing and running, such as Back walkover back handspring, Front walker round off back handspring and cartwheel back handspring. Level 2 athletes can base or fly one-leg prep level stunts and extended two-foot stunts with proper technique. Level 2 athletes typically have or are working on their back tuck and can do multiple standing back handsprings. At this level, athletes should have level or above-level jumps, strong motions and performance skills, along with the mental toughness to learn quickly and adapt to change.

LEVEL 3

- **Level 3** athletes have mastered round off tuck, round off back handspring tuck, standing series back handsprings, punch front, and side aerial with great technique. Jumps to back handsprings must have feet together with above-level jump height. Most level 3 athletes are working layouts and standing back tucks. Stunting requires being able to catch released skills at prep level and extended one-leg stunts. The routines continue to increase in complexity and speed, so mental toughness and maturity are key.

LEVEL 4

- **Level 4** athletes have mastered a standing back tuck, cartwheel tuck, and standing handspring tuck. Their layouts have proper hollow body shapes. Punch front step outs and whips will be connected to additional level 4 tumbling skills. Most level 4 athletes are working twisting jumps to tuck, and combination passes. Stunting at this level includes twisting to extended one-leg stunts, kick full basket tosses, and inverted skills. Athletes at this level should be in such physical shape that the previous listed tumbling skills be executed during a demanding routine without fail.

LEVEL 5/6

- **Level 5/6** athletes have mastered elite twisting combo passes, can land jumps to tuck with precise technique consistently, and perform strong standing tumbling consisting of whips, layouts and fulls. The level 5/6 athlete typically has years of experience and has mastered all the previous levels. These athletes must be extremely mentally tough to endure the rigors of this demanding level. Routines are fast paced and intricate. These athletes put in a multitude of extra time of practice and additional classes.