

Tryout Checklist (Level 1 & 2) - NATIONALS and REGIONALS PREP

Level 1 - Nationals Prep/Elite & Regionals Prep (INCLUDES TINY PREP)

REQUIRED SKILLS:

if these skills cannot be executed with perfection, please refer to the **Level 1 Regionals separate page.**

- BACK WALKOVER SERIES (3) FRONT WALKOVER CW BWO CW BWO BWO

BONUS SKILLS

Standing Tumbling:

- BACK WALKOVER SWITCH LEG VALDEZ BACKWARD ROLL (BWR)
 BACK EXTENSION ROLL - BWO/BWO SERIES HANDSTAND FORWARD ROLL

Running:

- CARTWHEEL - BWO SERIES FWO - CW - BWO SWITCH LEG FWO SERIES
 FWO - CARTWHEEL

Level 2 - Nationals Prep/Elite & Regionals Prep

REQUIRED SKILLS:

if these skills cannot be executed with perfection, refer down to the **Level 2 Regionals separate page.**

- RO BHS BHS BHS Step-Out
BWO BHS BWO BHS OBWO Power Hurdle
FWO

BONUS SKILLS

Standing Tumbling:

- BWO - BHS STEP OUT - BWO VALDEZ - BHS BACK HANDSPRING STEP OUT
 BWO SWITCH LEG - BHS BACK EXTENSION ROLL - BHS

Running:

- BOUNDER FWO - RO - BHS ROUND OFF - BHS STEP OUT
 CW - BHS - BHS CW - BHS STEP OUT - BWO - BHS