

Tryout Checklist (Level 1 & 2) - REGIONALS NOVICE

Level 1 - Regionals Novice

REQUIRED SKILLS:

Forward Roll

Cartwheel

Seat Roll (L/R)

BONUS SKILLS

Standing Tumbling:

- BACKWARD ROLL
- BACK WALKOVER (BWO)
- BACK BEND

- BRIDGE KICKOVER
- VALDEZ

- BWO - BWO
- HANDSTAND FORWARD ROLL

Running:

- FRONT WALKOVER (FWO)
- ROUND-OFF

- FWO - CW - BWO

- FWO SERIES

Level 2 - Regionals Novice

REQUIRED SKILLS:

Back Handspring

RO BHS

BONUS SKILLS

Standing Tumbling:

- BWO - BHS
- BHS Step Out - BWO

- VALDEZ - BHS
- BACK EXTENSION ROLL - BHS

- BHS Step-Out - BWO - BHS
- BWO Switch Leg - BHS

Running:

- RO - BHS - BHS
- CW - BHS

- FWO - RO - BHS
- CW - BHS STEP OUT - BWO - BHS

- ROUND OFF - BHS STEP OUT
- BOUNDER