



# TEAM ONTARIO

## VIDEO SUBMISSION REQUIREMENTS

AGE REQUIREMENT: ICU YOUTH – AGE 12–14 IN 2025  
 BIRTH DATE JANUARY 1, 2010 – DECEMBER 31, 2013

### Video Submission Window: May 1st - May 10th, 2024

This video submission is specifically for those groups or individuals looking for the opportunity to be rostered for the Ontario YOUTH Provincial Team Training Roster. \*Full stunt groups are preferred.

- Applicant must be a resident of Ontario and have the ability to travel internationally
- All videos must be submitted following the outline below and organized **IN THE ORDER** of the skill list.
- Maximum 2 minute video length.
- Tumbling on a non-sprung floor is highly encouraged. Keep in mind that ICU athletes will compete on a non-sprung floor. If your tryout video is filmed on a sprung floor, please consider demonstrating more advanced skills than listed (eg. passes ending in a layout etc.)
- Recently filmed videos are preferred. If you include video prior to January 2024, you must indicate the month and year in the frame of every clip AND you must provide an explanation during your introduction as to why you don't have more current videos. Old videos do not necessarily represent that you have retained those skills.
- If there is a section you cannot perform, skip it. Be aware, full skill sets are most desirable.
- Groups must individually apply. They can use the same stunt videos but must include tumbling and jumps separately.
- Athletes apply as a group should introduce themselves and position in their stunt videos.
- Please do not include any sound (background noise, music, counting, etc. after the introduction)

### Video Order

|                          |                                                                                                                                                                                                                                                                                                                   |
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| <b>Introduction</b>      | <p>Smile naturally, speak clearly, and use adequate lighting. Please include:</p> <ul style="list-style-type: none"> <li>• Your first and last name,</li> <li>• age,</li> <li>• city where you currently reside,</li> <li>• your stunt position,</li> <li>• how long you have been involved with cheer</li> </ul> |
| <b>Standing Tumbling</b> | <p>Required:</p> <ul style="list-style-type: none"> <li>• three BHS series</li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• jump BHS series</li> <li>• back walkover BHS series</li> </ul>                                                                                                    |
| <b>Running Tumbling</b>  | <p>Required:</p> <ul style="list-style-type: none"> <li>• round-off BHS tuck</li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• front tuck and/or ariel</li> <li>• combination of front tuck and/or ariel through to tuck</li> <li>• FWO through to tuck</li> </ul>                             |

|                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Stunting</b>          | <p>Required: <b>Include ALL that you have mastered</b></p> <ul style="list-style-type: none"> <li>• full up to extended *Traditional or cross grip</li> <li>• ½ up lib from ground</li> <li>• prep level full twisting switch to prep level lib</li> <li>• waist level inversion press to lib</li> </ul> <p>Optional: <b>Include 1-2 of the most difficult versions you have mastered</b></p> <ul style="list-style-type: none"> <li>• release to prep level body position (ie. ball up, switch up, straddle up)</li> <li>• 2 person extended stunts</li> </ul> |
| <b>Dismounts</b>         | <p>Required:</p> <ul style="list-style-type: none"> <li>• full down from extended 2 feet</li> <li>• straight pop down</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Baskets</b>           | <p>Required:</p> <ul style="list-style-type: none"> <li>• full twisting basket</li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• toe touch</li> <li>• ball x</li> </ul>                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Additional Skills</b> | <ul style="list-style-type: none"> <li>• shoulder stand</li> <li>• baja transition (connected front flip to cradle position)</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                         |

