



# TEAM ONTARIO

## VIDEO SUBMISSION REQUIREMENTS

AGE REQUIREMENT: ICU JUNIOR – AGE 15-18 IN 2025  
 BIRTH DATE JANUARY 1, 2006 – DECEMBER 31, 2010

### Video Submission Window: May 1st - May 12th, 2024

This video submission is specifically for those groups or individuals looking for the opportunity to be rostered for the Ontario JUNIOR 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

<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: <b>Timed group pass, if possible</b></p> <ul style="list-style-type: none"> <li>• 2 BHS Back Tuck</li> <li>• BHS Back Tuck</li> <li>• Standing Tuck</li> </ul> <p>Optional: <b>Include 1 of the following</b></p> <ul style="list-style-type: none"> <li>• Jump BHS to Back Tuck</li> <li>• Back Walkover Back Tuck</li> </ul>
<b>Running Tumbling</b>	<p>Required: <b>Timed group pass, if possible</b></p> <ul style="list-style-type: none"> <li>• Round-off BHS to Layout</li> </ul> <p>Optional: <b>Include as many of the following</b></p>

<b>Stunting</b>	<ul style="list-style-type: none"> <li>• Punch front step out through to layout</li> <li>• FWO through to layout</li> <li>• Whip pass through to layout</li> <li>• Flyspring/Bouncer to Punch Front step-out pass</li> </ul>
	<p>Required: <b>Include ALL that you have mastered</b></p> <ul style="list-style-type: none"> <li>• 1 ½ up to prep or extended</li> <li>• Full up to one leg</li> <li>• Proficiency at one leg extended stunt <ul style="list-style-type: none"> <li>o <b>FLYERS:</b> demonstrate Heel stretch on both legs AND Scale</li> </ul> </li> <li>• BHS up to extended 2 feet</li> <li>• Invert/Hand-in-hand to extended 2 feet</li> <li>• Switch up to extended one foot stunt</li> <li>• Full up, switch up (FUSU) to prep level single leg</li> <li>• <b>COED style stunts</b> <ul style="list-style-type: none"> <li>o Walk-in to single leg stunt</li> <li>o Toss to Block</li> </ul> </li> </ul> <p>Optional: <b>Include 1-2 maximum</b></p> <ul style="list-style-type: none"> <li>• Any other creative level 4 load-ins, dismounts, transitions</li> </ul>
	<p>Required: <b>Include ALL that you have mastered</b></p> <ul style="list-style-type: none"> <li>• full down from 1 foot extended stunt</li> <li>• Double down from 2 foot stunt (prep or extended)</li> <li>• straight pop down</li> </ul>
	<p>Required: <b>Include 1-2 of the most difficult versions you have mastered</b></p> <ul style="list-style-type: none"> <li>• Ball-full twisting, double twisting, and/or kick full</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>• Pike X or Pike split or any 2 body position basket toss</li> </ul>
<b>Additional Skills</b>	<ul style="list-style-type: none"> <li>• shoulder stand</li> </ul>



