

Team Ontario Tryout Skills List

Stunting Requirements

Basic Stunt Skills	Advanced Stunt Skills	Elite Stunt Skills
<ul style="list-style-type: none"> ● Switch up to heel stretch (ground to extended level) ● Hi-lo, lib to lib (extended level to prep level) ● Full down from extended air position ● Double down from 2-foot prep level stunt (double base) ● ½ twisting switch up from ground to prep level lib ● Full up to 2-foot extended stunt * <p>*Traditional grip with full release by backspot and side base is preferred, but any load will be considered</p>	<ul style="list-style-type: none"> ● Ball up to heel stretch ● Hi-lo, air position to air position ● Double down from 2-foot extended stunt (extension) ● Full Up Switch Up from ground to prep level lib ● Back Handspring up to extended level stunt (lib or extension) ● Full up to extended lib 	<ul style="list-style-type: none"> ● Ball Up 360 to prep level ● 1.5 Twisting dismount from prep level stunt ● 1.5 Twist to prep level air position (load to prep OR prep to prep) ● Full Up Switch Up from ground to prep level air position ● Hand-in-hand stunt at prep level, toss to prep level

Coed Style Skills	Basket Skills
<ul style="list-style-type: none"> ● Minimum of assisted toss to hands, power press to 2-foot extension (one base, one side spot, one flyer) <p>Coaches will be looking for CoEd groups and All-Girl groups who can perform CoEd style stunts in addition to their 4-athlete group stunting skills</p> <p>Preference will be given to athletes who can perform *more* than the listed minimum, including full ups, extended one-leg stunts, kewpies, and more.</p>	<ul style="list-style-type: none"> ● Kick Full ● Ball Full ● Double Twist <p>Groups will be required to perform at least one of the above baskets. Preference will be given to groups that can perform 2-3 of the baskets proficiently.</p>

*Groups will be expected to perform all skills on the BASIC stunt list, and preference will be given to stunt groups who can also perform any of the elements listed on the ADVANCED or ELITE skills list.

Tumbling Requirements

Basic Tumbling Skills	Advanced Tumbling Skills
<ul style="list-style-type: none">● Round Off Back Handspring Layout● Back Handspring Back Tuck● Standing Back Tuck	<ul style="list-style-type: none">● Front Walkover through to RO BHS Layout● Running tumbling pass including a whip through to a back tuck or layout● Standing tumbling pass including a whip through to a back tuck

*Preference will be given to stunt groups with 50% or more members who can perform tumbling skills. Groups with less than 50% tumbling athletes should have at least one member who can perform skills from the ADVANCED list.

Cheer Requirements

During tryouts, athletes will be taught the Team Ontario cheer and will be asked to perform it in small groups. We will be looking for the following elements when assessing this portion of the tryout process:

- Genuine enthusiasm
- Confidence during performance
- Sharpness of motions
- Projection of voice
- Clarity of words
- Confident use of props (poms, megaphones, signs, etc)

Ready OH N-T-A-R-I OH Ontario

Let's Go Ontario XX

Red XX White XX, Let's Go Ontario! XX

Red XX White XX, Let's Go Ontario! XX

Red XX White XX, Let's Go Ontario! XX

Red XX White XX, Let's Go Ontario! XX

Red XX White XX, Let's Go Ontario!

Video Link from OCF Provincials <https://vimeo.com/showcase/11597984>