

## Recommended Skills

While gymnasts are not required to have mastered all of the listed skills to try out, skills in bold are recommended as prerequisites. We will evaluate gymnasts on their effort and performance in trying as many skills as they can.

### GYMNASTICS SKILLS

Dive roll to stand

**Handstand to lunge**

**Handstand roll down**

Handstand full pirouette

**Back walkover**

**Front walkover**

Valdez

**Front handspring**

Aerial cartwheel

Front aerial

Standing back handspring

Round-off back handspring

Back walkover back handspring

Round-off back handspring series

Round-off back handspring back tuck

Front handspring step-out front handspring

### DANCE SKILLS

Splits (center/side)

**Sissonne**

**Assemblé**

Wolf jump

Full pirouette

Split jump

Split leap

# Gymnastics Exhibition Team



## What We Do

Exhibition Team is a performance tumbling and dance team that performs locally at college basketball games and other events. Practices are on Saturdays from 11:30 am to 12:30 pm starting in September and continuing through May. Performances are on weekends, and we usually attend around ten per season. Gymnasts will learn multiple routines which incorporate tumbling, dance, and acro skills.

## Costs Involved

The tryout fee is \$15 if you sign up before August 19 and is \$20 after that date. The team class fee is \$63 per month in addition to existing class fees. Other costs include leotards and recital fees. The team coaches put together multiple fundraisers during the season to help cover these additional costs.

## Join the Team

Tryouts will be held Saturday, August 26 at 1:45 pm. We will evaluate gymnasts on their ability to perform gymnastics and dance skills listed on the back, and we will also take into consideration focus, work ethic, and attitude. Gymnasts must remain in a class or lesson at Acrobatic Academy in addition to being on the team. Gymnasts are expected to attend all practices and performances throughout the season and must commit to staying on the team for the entire season.

