



# GU SHAMROCK ALL STARS

## 2018 – 2019 Competitive Cheerleading Try-Outs

Use this document as a guide when filling out the “GU Shamrocks 2018-2019 Tryout Form” that declares which routine you will perform. Performing this routine is required for all athletes whose “cheer ages” are 7 - 18 that are trying out for one of our Competitive Teams. “Cheer Ages” 6 and under will perform the dance and then be judged on individual skills at the try-out date designated for kids 6 and younger.

Please view the sample routine videos & listen to the music (posted on our website). The routine will go in the order as written below. The routine music is designed so there are about 2-3 eight counts of rest between each section.

### TRY-OUT ROUTINE ORDER

1. Running Tumbling Pass
2. Transition Pass
3. Jump/Tumble Combination
4. Jumps
5. Standing Tumbling
6. Dance

Please read below which skills are approved for each level routine (Level 1-5). The tumbling skills are written in order from base level to mid level to top level. Athletes are required to perform skills from the same level throughout the entire routine. \*Exception: Transition pass can be from your level routine or below.\*

### Tryout Skill Glossary:

BBKO: Back Bend Kickover  
BHS: Back Handspring  
BPs: Body Positions  
BWD: Backward  
BWO: Back Walkover  
BXTR: Back Extension Roll  
CW: Cartwheel  
FHS: Front Handspring

FWD: Forward  
FWO: Front Walkover  
J: Jump  
HS: Handstand  
P: Pause  
PF: Punch Front  
RO: Round Off

## Routine Section 1: Running Tumbling (Routine starts from the corner)

Running Tumbling	Level Appropriate Skills
Level 1	<ul style="list-style-type: none"> <li>- CW</li> <li>- CW BBKO</li> <li>- RO REBOUND</li> <li>- FWO CW BWO</li> <li>- Passes including BXTR</li> </ul>
Level 2	<ul style="list-style-type: none"> <li>- RO BHS</li> <li>- RO 2-3 BHS</li> <li>- FWO RO 2 BHS</li> <li>- Multi skill passes ending in BHS</li> </ul>
Level 3	<ul style="list-style-type: none"> <li>- RO TUCK</li> <li>- RO BHS TUCK</li> <li>- RO Multiple BHS TUCK</li> <li>- FWO RO BHS TUCK</li> <li>- PF RO BHS TUCK</li> </ul>
Level 4	<ul style="list-style-type: none"> <li>- RO LAYOUT</li> <li>- RO BHS LAYOUT</li> <li>- PF/WHIP/to LAYOUT</li> <li>- Multi skill passes ending in LAYOUT</li> </ul>
Level 5R	<ul style="list-style-type: none"> <li>- RO FULL</li> <li>- RO BHS FULL</li> <li>- PF/WHIP to FULL</li> </ul>

## Routine Section 2: Transition Pass (performed from corner to get to center of floor)

Transition Pass	Level Appropriate Skills
Level 1	<ul style="list-style-type: none"> <li>- FWD Roll</li> <li>- CW</li> <li>- FWO</li> <li>- RO Rebound</li> <li>- HS FWD Roll</li> </ul>
Level 2	<ul style="list-style-type: none"> <li>- CW BHS</li> <li>- RO BHS</li> <li>- FHS</li> </ul>
Level 3	<ul style="list-style-type: none"> <li>- RO TUCK</li> <li>- Side Aerial</li> <li>- PF</li> </ul>
Level 4	<ul style="list-style-type: none"> <li>- CW Tuck</li> <li>- RO Layout</li> <li>- PF FWO</li> <li>- FHS PF</li> </ul>
Level 5R	<ul style="list-style-type: none"> <li>- Arabian</li> <li>- RO FULL</li> <li>- CW FULL</li> </ul>

### Routine Section 3: Combination (Jump (J) to Standing Tumbling )

Combination	Level Appropriate Skills
Level 1	<ul style="list-style-type: none"> <li>- J (P) FWD Roll</li> <li>- J (P) BWO</li> <li>- J (P) BWD Roll</li> </ul>
Level 2	<ul style="list-style-type: none"> <li>- J (P) BHS</li> <li>- J, T-Jump BHS</li> </ul>
Level 3	<ul style="list-style-type: none"> <li>- J BHS</li> </ul>
Level 4	<ul style="list-style-type: none"> <li>- J BHS Tuck</li> <li>- J 2 BHS Tuck/Layout</li> <li>- J T-Jump Tuck</li> </ul>
Level 5R	<ul style="list-style-type: none"> <li>- Toe Back</li> </ul>

### Routine Section 4: Jumps

Jumps	Required (Choose One Sequence)
Level 1	<ul style="list-style-type: none"> <li>- FH TOE TOE</li> <li>- TOE TOE PIKE</li> </ul>
Level 2 – 5R	<ul style="list-style-type: none"> <li>- FH TOE TOE</li> <li>- TOE TOE PIKE</li> <li>- TOE FH TOE</li> <li>- FH TOE PIKE</li> </ul>

### Routine Section 5: Standing Tumbling

Standing Tumbling	Level Appropriate Skills
Level 1	<ul style="list-style-type: none"> <li>- BWD Roll</li> <li>- BWO</li> <li>- FWO</li> <li>- BWO Switch Leg</li> <li>- Valdez</li> <li>- BXTR</li> <li>- Any combination of the above skills</li> </ul>
Level 2	<ul style="list-style-type: none"> <li>- BHS</li> <li>- BHS (P) BHS</li> <li>- BWO BHS</li> <li>- Valdez BHS</li> <li>- BXTR BHS</li> </ul>
Level 3	<ul style="list-style-type: none"> <li>- 2-3 BHS</li> <li>- BWO 2-3 BHS</li> </ul>
Level 4	<ul style="list-style-type: none"> <li>- Back Tuck</li> <li>- BWO Back Tuck</li> <li>- 1-3 BHS to Tuck/Lay</li> <li>- 2 BHS Tuck/Whip 2 BHS Tuck/Lay</li> </ul>
Level 5R	<ul style="list-style-type: none"> <li>- 1-3 BHS Lay</li> <li>- 2 BHS Full</li> <li>- 1 BHS Full</li> <li>- 2 BHS Whip 2 BHS Full</li> </ul>

**ROUTINE SECTION VI: Performance** Three 8-Count Dance to be learned from video. Dance will be reviewed at tryout clinics. Mini & Youth dance will be altered from Junior & Senior dance.

## TRY-OUT ROUTINE FAQ

**Q: Will I be placed on a team that is the level of my tryout routine?**

A: We do not promise levels before, during, or after our tryout process. Our tryout process this year is longer than most because it is important for athletes to demonstrate their abilities to do cheer & tumbling skills in a group setting. Athletes have may end up on teams higher, lower, or the same as their tryout routine. *The All Star Cheer scoresheet is not based entirely on tumbling and because of this, our tryout is not either.*

**Q: What if I mess up my routine in front of the judges?**

A: Athletes will be permitted to try their routine (or parts) again if they have not performed to the best of their abilities

**Q: There is a lot of down time in the routine. Can I add my own choreography?**

A: Yes. HAVE FUN! We encourage all athletes to show their personalities in the routines. Cheer is a performance sport and we can't wait to watch you all!

**Q: How do I choose which level routine to perform?**

A: Please choose the level routine (s) you will be performing. Athletes must perform a level routine that meets and follows all skills required for that level. Coaches may ask an athlete to come back to another night and perform a different level routine if it is not approved. Athletes who perform routines with mixture of level skills in a routine will not be approved for that level. The level routine that you perform may or may not ultimately match the level team you are placed on. Athletes may, if they choose, perform more than 1 level routines - so long that both routines follow the rules / standards required for that level. (This would be important for any athlete wanting to be considered for a crossover position. This would also be important for anyone who may be performing a level routine that meets the base requirements of that level. It will be in your best interest to show a 2nd routine that is near the top of the previous level.)

**Q: What is my "cheer age"?**

A: Your "cheer age" is the age that you will be on August 31, 2018.

**Q: How do I register for try-outs?**

A: Follow this step-by-step guide to get registered for try-outs:

- **Step 1:** Register online for try-outs by following this link: <https://2018shamrockscheetryouts.eventbrite.com>
- **Step 2:** Establish your tumbling evaluation level. *You can select your level based on the tumbling skills on our grids on pages 2 and 3 of this document. You may also watch our Tryout Routine Video examples posted on our website to help you decide.*
- **Step 3:** Establish your cheer age to determine which clinics to come to (What age will you be on August 31, 2018?) Come to the clinics to practice and learn the try-out routine process
- **Step 4:** Fill out the try-out packet. Athletes will NOT be allowed to participate in try-out evaluations without a COMPLETED try-out packet. This packet can be found online under our "Forms" tab. [shamrocks.gu-indy.com/forms](http://shamrocks.gu-indy.com/forms) the week of try-outs or picked up at the front desk.