



Tryout Information

This document contains all the information you need regarding tryouts and tryout workshops for the 2023-2024 competitive season.

Who should attend tryouts? - Any athlete wishing to be on a competitive, elite or worlds team must attend a tryout workshop and a tryout. Anyone joining our program after tryouts, must schedule a private tryout that takes about 1 hour. Prep athletes do not have to tryout for their teams.

What do I learn at the tryout workshop? - Each athlete will be placed in a stunt group and asked to complete 2-3 fundamentals per your level. You will also learn a routine to be used at tryouts. This routine can only be learned at the workshops.

What level should I tryout for? - this depends on your tumbling skills first and then your stunting skills. If you have elite status in a certain category, then attend the tryout for your highest level of elite status. For instance, if you tumble level 1, but are a level 3 elite stunter, then attend the level 3 tryout workshop and tryout. Your tryout workshop should be the same level as your actual tryout.

What if I am not an elite athlete yet? You can become certified at one of the tryout workshops. We will assess your ability at the end of the workshops to provide you a certification. All elite team athletes must be elite in at least one of the categories. If you are elite at a certain level, it does not necessarily mean that you will be on that level team. Being Elite means that you have achieved a higher level of expertise that can benefit you and your team. An Elite athlete must maintain their skills at all times to be an elite athlete. If you need a reminder about what it takes to become an elite athlete, please visit our website.

What is the tryout process? - Athletes will perform the routine learned at tryout workshops and stunt combo in front of our coaches, one group at a time. Anyone that does not have a group for some reason, will tryout individually. The tryouts are from 630-830pm, but you are free to leave once you tryout.

What happens after tryouts? - All athletes will attend practice Team Trials on May 29 and 30 from 630-830. At team trials, the coaches will place athletes on different team combinations to see how athletes work together in different environments. This is part of the actual tryout process, so attendance at these trials is important. Then, on June 1st from 630-730 pm, we will host team reveals here at the gym. This is when you find out which team you made.

Important Dates

- Tryout Workshops - attend one or both of these at your level
 - Level 1 - May 6 and 13 from 11am-1pm
 - Level 2 - May 6 and 13 from 130pm-330pm
 - Level 3 - May 7 and 14 from 11am-1pm
 - Level 4+ - May 7 and 14 from 130pm-330pm
- Tryouts
 - Level 1 and 2 Tryouts - May 23 630-830
 - Level 3 and 4+ Tryouts - May 24 630-830
 - All-level Tryouts - May 25 630-830, anyone that did not attend another tryout should attend this tryout.
- Team Trials
 - All athletes will attend both days of this trial
 - May 29 and 30, 630-830pm
- Team Reveals
 - June 1 630-730
 - All athletes will attend to find out their team selections

