



All Stars

2026-27
TRYOUT
PACKET



Tryout Process

MAY 14TH	MAY 15TH	MAY 16TH	MAY 17TH
NEW ATHLETES 5-7PM FLYERS 7-7:30PM	TUMBLING 5-7PM	STUNT 1-3PM	EVALUATION DAY 11AM-4PM

Athletes will attend 3 tryout dates to be placed on a team.

New Athletes - May 14, 16, 17th

Current Athletes - May 15, 16, 17th

May 14th and 15th. - Athletes will be evaluated on their tumbling skills (see next page for more details). Athletes will be assigned to a 30 minute time slot based on level.

May 14th - If your athlete is interested in being evaluated as a flyer, they MUST attend the flyer evaluation from 7-7:30. They will be asked to demonstrate their flexibility and body positions on both legs and may be asked to demonstrate their air awareness with a coach stunt group.

May 16th - Athletes will be invited to a one hour stunt time slot based on their tumbling evaluation. Athletes will stunt with a variety of athletes to determine their overall stunting ability.

May 17th - Athletes will be invited to a one hour time slot for the final evaluation in groups and perform a tumble and stunt mini routine to assess final team placements.

Team placements will be announced on May 18th!



Tumbling

Athletes will be asked to demonstrate 4 tumbling passes during the tumbling evaluation. At each level, there are 2 required passes (one running and one standing) and 2 choice passes. Athletes should select the level which they can demonstrate BOTH required passes. If they are unable to demonstrate BOTH required passes, they should perform the passes at the level below. For the choice passes, athletes will select one additional pass at that level and then they may select one additional pass at any level they would like. Passes selected by the athletes must be able to be performed completely independently and safely on the spring floor (athletes will not be able to utilize a spot or perform skills on the Air Trak or Tumb Trak during evaluations).

EXAMPLE

The most advanced required skills this athlete can safely and independently perform are the Elite Level 1 skills. For their 1st choice pass, they selected another Level 1 skill. For their 2nd choice pass, they are able to demonstrate a Level 2 skill that they can also perform safely and independently.

REQ. PASS #1	REQ. PASS #2	CHOICE PASS #1	CHOICE PASS #2
CARTWHEEL + BACK WALKOVER + BACK WALKOVER	BACK WALKOVER + BACK WALKOVER SWITCH LEG	ROUND OFF	BACK WALKOVER BACK HANDSPRING



Tumbling

BEGINNER

CHOOSE 2 FROM THE LIST BELOW

FORWARD ROLL
 BACKWARD ROLL
 BRIDGE KICKOVER
 BACKBEND

ROUNDOFF
 CARTWHEEL
 FRONT LIMBER
 HANDSTAND FORWARD ROLL

LEVEL I PREP

REQUIRED RUNNING PASS

REQUIRED STANDING PASS

CARTWHEEL OR ROUNDOFF

BACK WALKOVER

LEVEL I ELITE

REQUIRED RUNNING PASS

REQUIRED STANDING PASS

CARTWHEEL + BACK WALKOVER SERIES

BACK WALKOVER + BACK WALKOVER SWITCH
 LEG



Tumbling

LEVEL 2 PREP

LEVEL 2 PREP	
REQUIRED RUNNING PASS	REQUIRED STANDING PASS
ROUNDOFF BACK HANDSPRING STEP OUT	BACK WALKOVER + BACK HANDSPRING

LEVEL 2 ELITE

LEVEL 2 ELITE	
REQUIRED RUNNING PASS	REQUIRED STANDING PASS
POWER HURDLE ROUNDOFF BACK HANDSPRING SERIES	BACK HANDSPRING STEP OUT + BACK WALKOVER + BACK HANDSPRING



Tumbling

LEVEL 3 ELITE

REQUIRED RUNNING PASS

REQUIRED STANDING PASS

ROUND OFF BACK HANDSPRING + BACK TUCK

BACK HANDSPRING STEP OUT + BACK
HANDSPRING SERIES

LEVEL 4 ELITE

REQUIRED RUNNING PASS

REQUIRED STANDING PASS

ROUND OFF BACK HANDSPRING + LAYOUT

BACK HANDSPRING + BACK TUCK

LEVEL 5 ELITE

REQUIRED RUNNING PASS

REQUIRED STANDING PASS

ROUND OFF BACK HANDSPRING + FULL

BACK HANDSPRING + LAYOUT



All Stars

Tumbling

LEVEL 1 CHOICE PASSES

RUNNING PASSES

- FRONT WALKOVER + CARTWHEEL/ROUND OFF
- FRONT WALKOVER + CARTWHEEL + BACK WALKOVER
- FRONT WALKOVER + CARTWHEEL + BACK WALKOVER SWITCH LEG
- FRONT WALKOVER SERIES

STANDING PASSES

- BACK WALKOVER SWITCH LEG
- BACK EXTENSION ROLL + BACK WALKOVER SERIES
- VALDEZ BACK WALKOVER

LEVEL 2 CHOICE PASSES

RUNNING PASSES

- ROUND OFF BACK HANDSPRING STEP OUT
- CARTWHEEL BACK HANDSPRING STEP OUT
- FRONT HANDSPRING
- FRONT WALKOVER + FRONT HANDSPRING
- FRONT HANDSPRING SERIES
- BOUNDER/FLYSPRING
- CARTWHEEL + BACK HANDSPRING SERIES
- FRONT WALKOVER + ROUND OFF BACK HANDSPRING
- CARTWHEEL + BACK HANDSPRING STEP OUT + BACK WALKOVER + BACK HANDSPRING

STANDING PASSES

- BACK WALKOVER + BACK HANDSPRING
- BACK WALKOVER + BACK HANDSPRING STEP OUT
- BACK HANDSPRING STEP OUT + BACK WALKOVER
- VALDEZ + BACK WALKOVER + BACK HANDSPRING
- BACK WALKOVER + BACK HANDSPRING STEP OUT + BACK WALKOVER
- BACK WALKOVER SWITCH LEG + BACK HANDSPRING
- VALDEZ + BACK HANDSPRING



Tumbling

LEVEL 3 CHOICE PASSES

RUNNING PASSES

- PUNCH FRONT
- ROUNDOFF BACK HANDSPRING SERIES + TUCK
- FRONT WALKOVER + AERIAL
- BOUNDER/FLYSPRING + AERIAL
- ROUNDOFF BACK HANDSPRING STEP OUT + ½ TURN + ROUNDOFF TUCK
- FRONT WALKOVER + ROUNDOFF + TUCK
- BOUNDER/FLYSPRING + ROUNDOFF + TUCK

STANDING PASSES

- BACK WALKOVER + BACK HANDSPRING SERIES
- BACK HANDSPRING SERIES
- BACK HANDSPRING + BACK HANDSPRING STEP OUT + BACK HANDSPRING
- TOE TOUCH + BACK HANDSPRING SERIES
- BACK HANDSPRING + TOE TOUCH + BACK HANDSPRING
- BACK HANDSPRING STEP OUT + BACK HANDSPRING SERIES
- BACK HANDSPRING STEP OUT + BACK WALKOVER + BACK HANDSPRING SERIES
- BACK WALKOVER + BACK HANDSPRING + TOE TOUCH + BACK HANDSPRING



Tumbling

LEVEL 4 CHOICE PASSES

RUNNING PASSES

- PUNCH FRONT + PUNCH FRONT
- PUNCH FRONT STEP OUT + AERIAL
- ROUND OFF BACK HANDSPRING SERIES + LAYOUT
- ROUNDOFF + WHIP + TUCK
- FRONT WALKOVER + ROUNDOFF + LAYOUT
- ROUNDOFF + WHIP TO LAYOUT
- PUNCH FRONT STEP OUT + ROUNDOFF + WHIP TO LAYOUT

STANDING PASSES

- BACK HANDSPRING SERIES + TUCK
- BACK TUCK
- BACK WALKOVER + TUCK
- TOE TOUCH + BACK HANDSPRING SERIES + TUCK
- TOE TOUCH + BACK HANDSPRING + TUCK



Tumbling

LEVEL 5/6 CHOICE PASSES

RUNNING PASSES

- FRONT FULL
- FRONT WALKOVER + ROUNDOFF TO FULL
- BARANI TO FULL
- PUNCH FRONT STEP OUT + ROUNDOFF TO FULL
- ROUNDOFF + WHIP TO FULL
- FRONT HANDSPRING + FRONT FULL
- ROUNDOFF + ARABIAN TO LAYOUT/FULL
- BOUNDER TO FULL
- 1.5 TWISTING LAYOUT
- ROUNDOFF WHIP FULL
- ROUNDOFF TO DOUBLE FULL
- ROUNDOFF + WHIP TO DOUBLE FULL

STANDING PASSES

- BACK HANDSPRING + WHIP + TUCK
- BACK HANDSPRING + LAYOUT
- TOE TOUCH + BACK HANDSPRING + WHIP + LAYOUT
- BACK HANDSPRING + FULL
- TOE TOUCH + FULL
- BACK HANDSPRING SERIES + DOUBLE FULL
- BACK HANDSPRING + WHIP + DOUBLE FULL
- STANDING FULL