

# 2011-2012 WHAT DOES IT TAKE

HIGH FLY ALL STARS  
2011-2012



## A PARENT/ATHLETE GUIDE TO TEAM PLACEMENTS

**What will we be looking for when it comes to placing athletes on our teams? Read carefully to grasp a full understanding of what it takes, what we consider, and where you, or your son, or daughter will be placed.**

What does it take to put the strongest **High Fly** teams out on the competition floor from the very start? This information is designed to help you and your child see exactly where they fit on a team based on skills, and criteria taken into consideration to maximize our squads chances for success. Please review and know that your child will feel more successful and valued if they are contributing at the level that fits them best; the next level may not be the best option for them to achieve success.

The teams' accomplishments will flourish and High Fly as a program will shine if athletes on each team are contributing at the appropriate level. If you are striving to be on a specific team and do not have the skills then extra work between now and May 6th to acquire the necessary skill that is necessary! ACT NOW and ask the front desk for tumbling class times and flexibility classes that are available.



# 5 AREAS WILL BE EVALUATED

**This is not determined by level, this applies to all levels and all ages.**



## Stunting

2 key positions that we select first; the flyer & backspot. If the athlete can fly or backspot and tumble within the level they will be the first selected. The next selection if we have to fill additional flyer & backspot positions will go to those who fit the age and the flyer or backspot position. Next we would select those additional team members for basing positions based on tumbling first. FLYERS must be able to pull all body positions (heel stretch, front stretch, bow & arrow, scorpion, scale & cradle within level) with FLEXIBILITY, TECHNIQUE, and PERFORMANCE! Ex: It is not enough to pull a scorpion and not have front flexibility. Technique plays a big factor in the cheer score sheet!

## Standing and Running Tumbling

In order to max out on the scoring system at competitions we must have at a MINIMUM, 1/2 + 1, of the skills required in that level. EX: A team of 30 would require 15 + 1 to get the minimum score at that level in both standing and running tumbling. In order to get the highest scores FULL TEAM SKILLS would be the optimal situation and our goal. Plus, specialty passes included in those skills sets. EX: front walkover prior to a round off handspring for Level 2.

## Motion and Performance

We expect that all athletes work on sharp motions and look for ways they can personally improve performance in routines. The degree of expectancy is greater in higher level teams. However, everyone needs to improve in these areas. EX: look up, not at the floor; SMILE, SMILE & then SMILE more! This is an area that we will place more emphasis on during our evaluations this year.

## Jumps

We expect that all athletes work on flexibility and strength in this area. Many athletes do not think that jumps matter. If they have a level 3 tumbling skill they should automatically make the level 3 team. This is a false assumption. Jumps will be a major consideration. Some athletes do not have a toe touch with straight legs and can't snap their legs together at the bottom of the jump. If they cannot do this they will not be able to connect a walkover, handspring, full, etc. with the jump. JUMPS are IMPORTANT! There is always a section dedicated to them on the scoresheet.

## Attendance

Are you at practice all the time? OR have you had a history of missing at every snuffle, birthday party, or weather day? Does the team ask their coach is SUSIE coming today? Because they are known for missing practice? Everyone knows where they fall! We make this point to say this....some of you have high hopes of making the next level team and we have been watching the history of attendance this season! This has been such a burden this year that whether you have the skills or not we CANNOT CONSIDER you for the next level team if your commitment to attend practice is not there. This plays a factor in all levels; Level 1 – 2 is so important because this is the place to grow in skills so they can make progress. Level 3--5 skills (both in stunting and tumbling) get so much tougher and we CANNOT have a child on the team who misses for random reasons or consistently schedules outside activities. It is not fair to the other team members.

## AGE Vs SKILL

The strongest PROGRAMS in the country make sure that ages are

kept together to ensure competitive teams across the board! Some athletes have skills above what the average might be in their age level. But if we continue to deplete our teams within age groups just because an athlete may have higher skills, it hurts our program. We could really be using their skills on another team to strengthen our program as a whole. Team placements will be selected first by AGE, highest level within AGE, and then consideration for a secondary team. Like in other accepted sports, kids stay together as they move up in age. This philosophy is what helps build strong programs. There will be break offs at some point, however in most cases this will hold true.

There is something to be said for progressions in all of the skills we have mentioned above. We have learned our lesson about jumping too far in levels. The core foundation of fundamentals are taught at level 1 & 2; If you do not prepare kids with a strong foundation then how can they perform at level 3 ---5? Basics are important! It is not an insult if you are placed in a level that will prepare you for the next. This is a problem in our industry as a whole. Those families that have allowed their children to progress within the proper levels see bigger advancements in progression. There is nothing worse than feeling like you are not contributing to your level....your child should not be satisfied to let everyone else on the team perform the skills that can make them feel good about placement on the team. Our coaches are always evaluating and kids can move up during the season if the skills are acquired and athlete proves they will be valuable on a higher level team.

Determine,  
realistically,  
where you  
stand