

Pittsburgh Superstars 2017-2018 Tryout Info

We at Pittsburgh Superstars strive to be a close-knit and supportive program that includes parents, athletes and coaches working together toward a common goal. We strive not only to be a very competitive program, but also a program others respect because of our commitment to excellence, sportsmanship and championship spirit. Pittsburgh Superstars will continue to be the program others emulate due to our high standards and competitiveness.

PREPARE FOR TRYOUTS

To prepare for tryouts, we encourage you to sign-up in the month of April for a level appropriate tumbling class to work on your skills! Information on recreational tumbling can be found on the front page of our website, www.pittsburghsuperstars.com.

TEAM PLACEMENTS

The Pittsburgh Superstar staff will evaluate athletes on skills they have already developed, as well as their potential. They will be placed on a team we feel is best for them and that is best for the team. Teams are selected based on the best chance of success and athletes are placed on teams in an effort to benefit their personal and athletic growth.

TRYOUT PROCESS OVERVIEW

We will start the tryout process on May 16th and 17th with an evaluation of each athlete's skills. May 18th will be a free 1-hour tumbling class, broken down by skill level, for all athletes trying out. If you could not attend the individual tryout day, contact Coach Aimee at 304-838-1120 to schedule a time for your individual tryout on May 18th. If an athlete cannot attend any tryout days, they may schedule a private/video tryout for an additional fee. After your individual tryout, you will be told which workout group to come to on Sunday, May 21st. Workout groups are to evaluate athletes in a team setting. Following the two weeks of team evaluations, each athlete will officially be placed on a team. Athletes will be notified by the following week.

TRYOUT FEES

-Pre register before April 23rd - \$25
-Register after April 23rd - \$40
-Private/Video Tryout fee - \$50
-You must fill out the online registration form (Found under the 'Cranberry Gym' tab on our website) as well as sign a waiver and pay the registration fee in the Pittsburgh Superstars office or send to Aimee Nicewarner at 314 Butler Drive, Morgantown, WV 26508 to be considered registered.

TRYOUT DESCRIPTION

Tryouts take place in 3 rounds.
All are required for final team placement.
Round 1: Registration: Online Form, Registration Form & Payment.
Round 2: Individual Evaluation
Round 3: Workout Groups
Team practices start May 30th.

Tuesday, May 16th

Individual Evaluation

5-7pm Ages 8 and under, levels 1-3
7-9pm Ages 9-18, levels 1-3

Wednesday, May 17th

Individual Evaluation

5-7pm Ages 9-18, level 4
7-9pm Ages 12-18, level 5

Thursday, May 18th

Tumbling/ Makeup Tryouts

5-6 lv1 (No experience needed)
6-7 lv2&3 (Solid BHS needed)
7-8 lv4 (Solid RO BHS Tuck needed)
8-9 lv5 (Running Full needed)

Sunday, May 21st

Workout Groups, times TBA

TUMBLING LEVEL 1-5 SKILLS

Below is a list of skills within each level that we will be looking for at evaluation. To tryout for a particular level, at least 2 skills from that level's list are required.

LEVEL 1:

- o Cartwheel and round off
- o Backbend kick-over
- o Back walkover
- o Front walkover
- o Specialty: Multiple connected skills.

LEVEL 2:

- o Standing back handspring
- o Back walkover back handspring
- o 2 step round-off back handspring
- o Round-off 3 back handsprings
- o Specialty: Multiple connected skills

LEVEL 3:

- o Standing 3 back handsprings
- o Jumps 2 back handsprings
- o Punch front
- o 2StepROBHS Tuck
- o RO3BHS Tuck
- o Specialty: Multiple connected skills to tuck

LEVEL 4:

- o Standing back tuck
- o Jumps back handspring tuck
- o Standing 2 BHS to a layout
- o Standing whip pass
- o 2 step RO BHS layout
- o Running whip pass
- o Specialty: Multiple connected skills to layout

LEVEL 5:

- o 4 jumps to standing tuck
- o Standing back handspring(s) full
- o Standing back handsprings double full
- o Standing full
- o 2stepROBHS full
- o RO back handspring double full
- o Specialty: Connected skills to full or double