

Pittsburgh Superstars 2018-2019 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 tumbling classes can be found on our website, www.pittsburghsuperstars.com. We also offer open gym sessions every Friday and tryout prep clinics. Check the website for details.

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. The tiny group, ages 3-6, will only have one tryout session on May 19th. If an athlete cannot attend their tryout session, they may schedule a private/video tryout for an additional fee. Contact Coach Aimee at 304-838-1120 to schedule a time for your individual tryout. After your initial tryout session, your tryout number will be posted on the website on Friday, May 18th and will tell you which team tryout session to attend. Following the two weeks of team evaluations, each athlete will officially be placed on a team. Teams are subject to change at any time. Athletes will be notified by the following week of their official team placement.

TRYOUT FEES

-Pre register before April 15th - \$35
-Register after April 15th - \$40
-Private/Video Tryout fee - \$50
-You must fill out the online tryout registration and hand in a 2018-2019 tryout registration form with your payment to be considered registered. Register in the Pittsburgh Superstars office or send payment and form to Aimee Nicewarner at 314 Butler Drive, Morgantown, WV 26508.

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: Team Tryouts

Wednesday, May 16th

Individual Evaluation

5:30-7pm 7-11 Years Old Level 1 & 2
7-9:00pm 12-18 Years Old Level 4 & 5
(Athletes must be 13 by Aug 31st of 2018 to be eligible for a worlds team.)

Thursday, May 17th

Individual Evaluation

5:30-7 8-11 Years Old Level 3 & 4
7:00-9 12-18 Years Old Level 1, 2 & 3

Friday, May 18th

Numbers for team tryouts will be posted for the weekend.

Saturday, May 19th

Team Tryouts

10:30-11:30 3-6 Years Old
12:00-2:00pm TBA
2-4:00pm TBA

Sunday, May 20th

Team Tryouts

12:00-1pm TBA
1-2:30pm TBA
3:00-4:30pm TBA

TUMBLING LEVEL 1-5 SKILLS

Below is a list of skills within each level that we will be looking for at evaluations. To tryout for a particular level, **all skills** from that level's list are required. You must attend a session where you can perform all of the skills listed for that level.

LEVEL 1:

- o No experience necessary!
- o Cartwheel and round off
- o Back or front walkover

LEVEL 2:

- o Back walkover back handspring
- o Round-off three back handsprings
- o Specialty: Multiple connected skills to back handspring

LEVEL 3:

- o Toe touch to two back handsprings
- o Round-off back handspring tuck
- o Specialty: Multiple connected skills to tuck

LEVEL 4:

- o Standing back tuck
- o Standing two back handsprings to a layout
- o Round-off back handspring layout
- o Specialty: Multiple connected skills to layout

LEVEL 5:

- o Three jumps to tuck
- o Standing back handspring(s) to full or double
- o Round-off back handspring full or double
- o Specialty: Connected skills to full or double