



# Season 19 Evaluations

## CEA Tryouts for 2022-2023

APRIL 27TH & 28TH

It's that time of year again! Evaluations are quickly approaching and CEA Sanford wants you to be fully prepared for what is coming with evaluations and groups placements!

### Tryouts

Athletes will attend the tryouts time that fits best for their skill level. Athletes should have at least four of the skills in a level to come to that time period. A skills chart is listed on the last page to help you decide which level tryout to attend. This does not guarantee them a team placement in this level nor does this time slot indicate they are "trying out" for a specific level. We will be asking athletes to demonstrate tumbling skills, accurate motion placement, and jumps. All athletes should wear athletic clothes, hair pulled back, and appropriate cheer shoes.

You and your athlete will check in to the front to ensure all paperwork has been filled out and registration fee has been submitted. They will then head to the small floor to stretch out and wait to meet with a coach.

### Tryout Schedule Day 1

April 27th

- **5:00-5:30** New & Returners 3-4 yr
- **5:30-6:15** New Athletes 5-10 yr (Level 1/2)
- **6:15-7:00** New Athletes 11+ yr (Level 1/2)
- **7:00-7:30** New Athletes 5-11 yr (Level 3-6)
- **7:30** New Athletes 12+ (Level 3-6)

**Within these pages**

**GENERAL TRYOUT INFO**

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**TRYOUT SCHEDULE RETURNERS/NEW ATHLETES**

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**GROUP PLACEMENTS**

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**UPCOMING EVENTS**

## Tryout Schedule Day 2

April 28th

- 5:00-5:45 Returners All Ages (Level 1)
- 5:45-6:30 Returners All Ages (Level 2)
- 6:30-7:15 Returners All Ages (Level 3)
- 7:15 Returners All Ages (Levels 4-6)



## Group Placements

After tryouts, the coaching staff will sit down and look at all the athletes and begin grouping them together in preliminary teams. Your athlete will practice with their group(s) for the upcoming weeks to follow. The level and team name will not be determined until Teal Reveal (Date TBA). Coaches will take their time to look at potential stunt groups, tumbling and jump technique, commitment levels, and group dynamics.

## What Coaches Look For When Putting Teams Together

Planning teams is a unique process and coaches will look at both individual skill sets as well group potential. It is NOT solely about your athletes tumbling skill set, rather it is about the skills that they have mastered and can be considered "compete-able" including stunt, jumps, and dance/motions. As coaches, we need to ensure that each team meets certain numbers in tumbling, stunts, and jump sections of the routine. When you see your athletes group, understand that it is where we feel like they will both grow as an athlete while being able to make the team the strongest it can be. In addition to skill set, we look at attendance, attitude, and coachability from the previous season. Was your athlete absent a significant amount? Do they take corrections well and with a positive attitude? These attributes are equally important to us and will be taken into account with equal measure.

Hear are a few questions we hear often after evaluations. Please take these examples into consideration before contacting any coach after evaluations.

- My child showed you her back handspring. Why isn't she on a junior 2 team? Sally did perform her back handspring, however it was the only level 2 skill that was demonstrated and her arms and legs were bent and she landed on her knees. While the skill is level 2, it is not "compete-able" and Sally would be a much stronger athlete doing one more year in level 1 while she works to clean up and add to her level 2 skill set.
- My athlete has beautiful and "compete-able" level 4 tumbling, but you put her on a level 3 team. Please refer to things we consider when placing teams. What was their previous season like? Have they mastered level 3 stunting or is this a team where they can grow in that area? Group placements are not just about a tumbling skill set.
- My athlete does not have level 2 tumbling but she was placed on a level 2 team, why? Your athlete may not have level 2 tumbling BUT she is an amazing base and jumper. She will be contributing to several areas on the scoresheet and will ultimately make her team stronger by being a part of it.

# UPCOMING EVENTS

*Get Ready for Season 19 with CEA SANFORD!*



## TEAL REVEAL

**Teal Reveal:** One of our most favorite events to kick off the season. As a gym, we will come together to reveal and celebrate our finalized teams, team names, and levels!! It is truly a magical day. Date to be announced soon!



## SUMMER PRACTICE

Each team will meet once a week for a team practice during the summer. This practice will be on a weekday. While mandatory attendance does not begin until August 1, we encourage athletes to not miss summer practices. Lack of attendance will affect your athletes spot in the routine and the sections they participate in. Once summer session ends, a second practice will be added for elite teams on Sundays.



## CHOREOGRAPHY

Each team will be attending a choreography camp this year! This is when athletes learn a bulk of their routine! Dates and times TBD! Camps will be hosted throughout the summer months and will be mandatory. Should your athlete not be able to attend, they will be responsible for finding a substitute to learn their part at camp!

# DETERMINING TRYOUT LEVEL

All athletes should have at least four of the skills in a level to come to that time period.  
Coaches will not be spotting skills during the tryout process.



<b>LEVEL 1</b> FORWARD ROLL BACKWARD ROLL HANDSTAND FORWARD ROLL CARTWHEEL BACK EXTENSION ROLL BACKBEND KICKOVER BACK WALKOVER FRONTWALKOVER CARTWHEEL BACK WALKOVER	<b>LEVEL 2</b> BACK HANDSPRING BHS STEP OUT BACK WALKOVER BHS ROUND OFF BHS ROUND BHS SERIES T-JUMP BHS FRONT WALKOVER RO BHS CARTWHEEL BHS BACK EXTENSION ROLL BHS
<b>LEVEL 3</b> STANDING BHS SERIES (3) BHS STEP OUT BHS ROUND OFF BHS BACK TUCK ROUND OFF BACK TUCK PUNCH FRONT ARIAL JUMP TO BHS JUMP TO BHS SERIES FRONT WALKOVER THROUGH TO TUCK	<b>LEVEL 4</b> STANDING TUCK STANDING BHS BACK TUCK TOE TOUCH BHS BACK TUCK CARTWHEEL BACK TUCK ROUND OFF BHS LAYOUT PUNCH FRONT THROUGH TO TUCK PUNCH FRONT THROUGH TO LAYOUT WHIP THROUGH TO LAYOUT RO BHS TUCK THROUGH TO TUCK
<b>LEVEL 5</b> JUMP TO TUCK STANDING 2 BHS TO LAYOUT JUMP TO BHS LAYOUT BHS WHIP BHS TO LAYOUT ARABIAN RO BHS FULL PUNCH THROUGH TO FULL FRONT HANDSPRING FRONT TO FULL WHIP THROUGH TO FULL	<b>LEVEL 6</b> STANDING FULL STANDING BHS TO FULL STANDING TWO TO FULL STANDING BHS TO DOUBLE RO BHS WHIP THROUGH TO FULL ARABIAN THROUGH TO FULL RO BHS DOUBLE FULL TOE TOUCH TUCK ELITE COMBO TO DOUBLE