



## TEAM CANADA ALL GIRL PREMIER VIDEO SUBMISSION REQUIREMENTS

**Video Submission Deadline: November 8, 2021**

- All videos must be submitted following the outline below and organized **IN THE ORDER** of the skill list.
- Tumbling on a non-sprung floor is highly preferred. If only a sprung floor is available to you, you must indicate this in the frame of every tumbling clip you include that is performed on a sprung floor.
- Videos must be current, ideally taken between October 2 and November 8, 2021. If you include video prior to October 2, you are to indicate the month and year in the frame of every clip you include **AND** you must provide an explanation during your introduction as to why you don't have more current video. Please be aware that we are looking for athletes who are in training (with or without a team). Old videos do not necessarily represent that you have retained those skills.
- If there is a section you cannot perform, skip it. Be aware, full skill sets are most desirable.

INTRODUCTION	
	Smile naturally, speak clearly, and use adequate lighting. Please include: <ul style="list-style-type: none"> <li>• your first and last name,</li> <li>• city and province where you currently reside, and,</li> <li>• your stunt position,</li> <li>• the names of your group members and if they are either a regular partner or only for the purposes of your tryout.</li> <li>• Remember to indicate the reason(s) for using older clips, if applicable.</li> </ul>
TUMBLING	
	<b>Toe Touch Tuck</b>
	<b>Handspring Tuck</b>
	<b>Best Standing Series (eg. HHL)</b>
	<b>Best Running Series (eg. RO H F)</b>
STUNTS	
	<b>Rewind to Top</b> Required: Include 1-2 of the most difficult versions you have mastered Optional: Include 1 of the most difficult version you are safely working towards <ul style="list-style-type: none"> <li>• block</li> <li>• 1 leg</li> <li>• body position</li> <li>• roundoff rewind</li> </ul>

	<p><b>BHS up</b>  <b>Required:</b> Include 1-2 of the most difficult versions you have mastered  <b>Optional:</b> Include 1 of the most difficult version you are safely working towards</p> <ul style="list-style-type: none"> <li>● BHS to top block</li> <li>● BHS to top 1 leg</li> <li>● BHS to top body position</li> <li>● BHS full up</li> </ul>
	<p><b>Hand In Hand</b>  <b>Required:</b> Include 1-2 of the most difficult versions you have mastered</p> <ul style="list-style-type: none"> <li>● shoulder level hand in hand to top</li> <li>● extended hand in hand to top</li> <li>● any level start to body position</li> </ul>
	<p><b>Full around</b>  <b>Required:</b> Include 1-2 of the most difficult versions you have mastered</p> <ul style="list-style-type: none"> <li>● extended block to lib</li> <li>● lib to lib</li> <li>● lib to body position</li> <li>● 1 ¼ to body position</li> </ul>
<b>DISMOUNTS</b>	
	<p><b>Start in extension and power press for all dismounts except double down</b>  <b>Include ALL that you have mastered</b></p> <ul style="list-style-type: none"> <li>● double down from arabesque</li> <li>● back layout half</li> <li>● back tuck</li> <li>● arabian</li> </ul>
<b>BASKETS</b>	
	<p><b>Bases:</b> Include 1 of the most difficult version you have mastered  <b>Flyers:</b> Include 1-3 of the most difficult versions you have mastered</p> <ul style="list-style-type: none"> <li>● tuck X</li> <li>● tuck X full</li> <li>● full twisting layout</li> <li>● double full</li> <li>● arabian full</li> </ul>
<b>OTHER</b>	
	<p><b>Encouraged Extra Skills</b></p> <ul style="list-style-type: none"> <li>● diamodov entry into hand in hand</li> <li>● front handspring up</li> <li>● free release full up</li> <li>● walking lunges while holding shoulder stands</li> <li>● crashing in shoulder stand for pyramids</li> <li>● Reverse grip hand in hand</li> </ul>