



**TEAM CANADA COED PREMIER
2021-2022 SEASON
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.
- Please do not include any sound (background noise, music, counting, etc. after the introduction)
- 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.
- Do NOT add anything else to your video that we didn't ask for. Our time is very limited.

INTRODUCTION	
	Smile naturally, speak clearly, and use adequate lighting. Please include: <ul style="list-style-type: none"> • Your first and last name, • city and province where you currently reside, and, • the name of your stunt partner(s) and if they are either a regular partner, or only for the purposes of your tryout. • Remember to indicate the reason(s) for using older clips, if applicable.
SKILL LIST	
SECTION #1 - All of the skills listed below are asked of both male and female athletes. In every situation, show the skills that you have mastered and can perform cleanly and sharply. Include only the <i>best</i> repetition of any skill.	
TUMBLING	Show your most difficult skills mastered. If you have not mastered the preferential skill, include a video of what you can do.
	Standing tuck or Standing full (do NOT perform any jumps)
	Your most elite standing tumbling line - no more than 2 lines. <ul style="list-style-type: none"> • Preferences: single handspring to full twist; spring-twists connecting into more spring-twists
	Your most elite running tumbling lines - no more than 2 lines showing variety <ul style="list-style-type: none"> • Preferences: Lines featuring multiple connected twisting skills
STUNTS	Show your most difficult skills mastered. A STRONG PREFERENCE is given to unassisted stunts. If you have not mastered the suggested skills, include footage of what you can perform.

	<p>Rewind Mounts</p> <ul style="list-style-type: none"> • Examples: to block, liberty, immediate body position, cupie, one-armed throw, etc. • Include no more than your best 3 different rewind stunts
	<p>Back Handspring Mounts</p> <ul style="list-style-type: none"> • Examples: to block, to liberty, with full twist, to extended hand-in-hand, etc. • Include no more than your best 3 different handspring-up stunts
	<p>Twisting Mounts, Transitions & Dismounts</p> <ul style="list-style-type: none"> • Mount examples: Full-ups & double-ups to block/liberty/immediate body positions • Transition example: Full arounds • Dismount examples: single twisting pop-downs & double-twisting cradles from extended stunts, kick-double dismounts from prep-level • Show as much variety as possible but include no more than 3 different stunt combinations
	<p>Hand-in-hand Stunts</p> <ul style="list-style-type: none"> • Show your most difficult mounts to the stunt (extended preferred) but include no more than 3 stunt combinations.
	<p>One-armed stunts</p> <ul style="list-style-type: none"> • Include such stunts as cupies, liberties, handstands, specialty mounts, etc. • This does not need to be its own separate section. It can be included in the sections above.
DISMOUNTS	
	<p>Flipping Dismounts</p> <ul style="list-style-type: none"> • Include both forward and backward rotations from a variety of stunts • This does not need to be its own separate section. It can be included as your stunt dismounts in the sections above.
OTHER	
<p>You are welcome to include no more than 20 seconds total of clips which include other skills. Examples include, but are not limited to:</p>	
	<ul style="list-style-type: none"> • Pyramid basing & transitional skills, • Front-handspring mounts, • Tick-tocks, • Double-cupies, • Fast-forwards, • etc.
<p>SECTION #2 - The BASKET TOSS skills listed below are asked of <i>female</i> athletes. Show what you can perform with mastery. Please provide both front & side views of your basket tosses. The ability to utilize the full height of the toss is considered.</p>	
BASKETS	
	<p>Recommended skills:</p> <ul style="list-style-type: none"> • X-Out or X-full • Layout full twist or Double full twist • Pike-Split-Full and/or Pike-open double • Arabian 1.5 twist and/or side-somi 1.75 twist