

Flyer Evaluations

Saturday, May 15, 2021

Please register for the one at your location.

Lakewood Ranch: 10:30 a.m.-Noon

Largo: 4:30-6:00 p.m.

Cost: \$35 per athlete

Registration will open online when the info packet is released.

Athletes will be evaluated on the following skills:

- Body Positions that are listed below including both right and left heel stretches.
- Right, Left and Center Splits
- Balance
- Core Control
- Technique
- Flexibility
- Confidence
- Actual Flying on bases doing a variety of different level appropriate skills.

This evaluation does not guarantee the athlete will be a flyer for the 2021-2022 season. It provides an opportunity for the athlete to showcase skills to be considered as a potential flyer.

BODY POSITIONS



- Toe Facing Front?
- Knee Locked?
- Arms in Narrow High V?
- Stretch Leg Replacing High V Arm?
- Stretch Leg - Backside of Leg Facing Camera?
- Chin Up with a Smile?
- "Donut-hole" Facing Front?



- Toe Facing Side?
- Both Knees Locked?
- *T*Arm Across from Shoulder & same placement on each side: Slightly in front
- Do not drop chest
- Arabesque knee - facing the ground more than the judges or audience
- Arabesque Toe Pointed
- Chin Up with a Smile?



- Toe Facing Front?
- Knee Locked?
- *T* Arm in a Straight Line ARM - ELBOW- WRIST
- Bow Leg - Pointed Toe?
- Bow Leg - Facing Outside & Behind Head?
- Chin Up with a Smile?
- "Donut-hole" Facing Front?



- Toe and Knee Facing Side
- Knee Locked?
- Your Arm & Leg in the Air Should Appear To Look Like a High V
- Arm Gripping Near Ankle
- Hips Closed?
- Chin Up with a Smile?
- "Donut-hole" Facing Front?



- Toe & Knee Facing Front?
- Knee Locked?
- Scorpion Leg Needs to be BEHIND your back NOT outside of hips. Check by pulling Scorpion against a wall. Your Hips Should NOT open.
- Arms can be wrapped
- Chin Up with a Smile?