

# 2022-2023 Top Dog Tryouts

## Flyer Evaluations

**Lakewood Ranch:** May 10<sup>th</sup> 7:00-9:00 p.m.

**Largo:** May 11<sup>th</sup> 7:00-9:00 p.m.

**Cost:** \$50 per athlete.


Registration will open online at [www.floridatopdog.com](http://www.floridatopdog.com). on April 20<sup>th</sup>

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 2022-2023 season. It is not a requirement to be a flyer on a team. It provides an opportunity for the athlete to showcase skills to be considered as a potential flyer. Athletes must be registered for tryouts to attend. This evaluation session is for athletes ages 8 and up. Younger athletes will be evaluated during the tryout weeks.


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?  
 "Donuthole" Facing Front?




Toe Facing Side?  
 Both Knees Locked?  
 "T" Arm Across from Shoulder & same placement on each side- Slightly Infront  
 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?  
 "Donuthole" 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?  
 "Donuthole" 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?