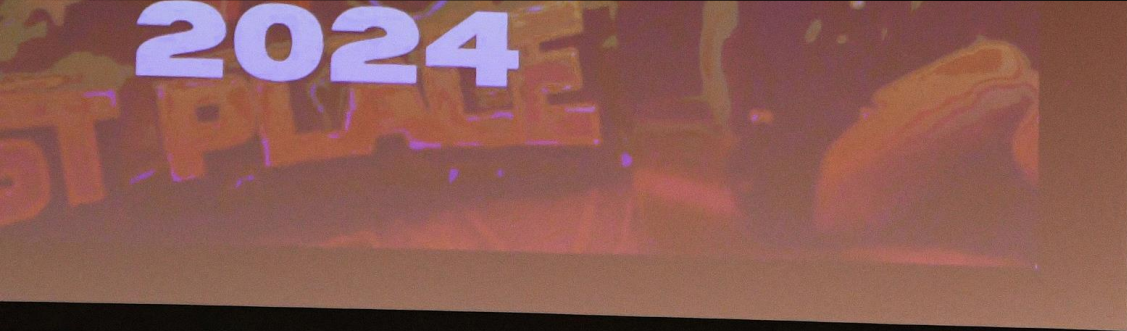


SEASON 15- FLYER EVALUATIONS

INFORMATION LEAFLET





Flyer Evaluations

As part of the tryout process, athletes who would like to be considered for a flyer position will need to attend the flyer evaluation session.

We have put together this information sheet for athletes to see what skills they can be working on ahead of the evaluations.

FLEXIBILITY

One of the main things we look for when choosing flyers is their level of flexibility. We have put together a list of flyer shapes below that are essential for flyers to be able to do. The skills range in difficulty and so please read the explanations next to each one for a better understanding of what is expected of your particular level.

SPLITS



Athletes will be asked to demonstrate their splits (on both legs). This will include the standard split position, splits with chest forward, twisting splits and box splits.



Athletes should also be able to demonstrate a strong core (i.e. holding a dish position and plank for at least 20- 30 seconds).



Balance and Flyer Shapes



Athletes will be asked to demonstrate a basic lib hold position on the floor. Flyers should be able to hold this for at least 10 seconds without movement.

We will also ask flyer to hold this position on raised blocks (flyer stands).

If athletes can confidently demonstrate this position, we will then look at flyer shapes as listed in the following pages.

Front stretches



Heel stretch – This is the most common front stretch that we use in routines. Flyers should be able to hold the middle of their foot, whilst keeping their standing leg straight with foot facing forward. Stretches should be straight in front of the body and not to the side.

Flyers should be able to confidently hold this position on the floor (on both legs).

TOP TIP! You will need to be able to demonstrate stretches on both legs!

Bow and Arrow – An advanced stretch which should only be attempted if you have mastered the heel stretch above. Athletes should be able to hold this stretch on the floor with their standing leg straight and chest up (not dropping the chest to reach arm through).



Side Stretches

Arabesque

This stretch will be required for all ages and levels. Athletes should be able to confidently hold this position on the floor for at least 10 seconds.



Tips!

- Hip should be slightly open to the front – note the position of the knee and foot on the arabesque leg.
- Keep chest up tall – don't drop your chest to get leg higher.
- Arms should be in a strong 'T' position, slightly below shoulder level.
- Standing leg should be straight, with foot facing forward.

Side stretches continued



SCALE



SCORPIAN



NEEDLE

Athletes should first be able to demonstrate a confident scale on the floor. The scale leg should be as straight as possible, with toe pointed. Standing leg should be straight. Chest up tall.

The scorpion and needle are advanced stretches (Mini aged flyer will not be asked to demonstrate these).

Performance and Confidence

Being a flyer involves the athlete to be confident and a strong performer!

Athletes will need to be able to demonstrate that they have the confidence to be able to perform in front of others (in the gym as well as at competitions!)

This includes:

- Smiling and projecting to the audience
- Learning routine songs / voiceovers to aid performance
- Performing skills on your own in front of others

Ability to learn:-

- Athletes will also need to be able to demonstrate an ability
- to learn motions and counts to go along with skills.



Additional Information

- The flyer evaluations will be a floor based session (no skills in air).
- Athletes will need to be able to confidently demonstrate all skills on the floor and flyer aids (i.e. blocks).
- Athletes will be asked to demonstrate all skills on both legs, including tick toc style skills (switching from one leg to another).
- Attending the flyer evaluation session will not guarantee you a flyer position.
- Athletes do not need to prepare anything ahead of the session, but will be taught a flyer sequence on the day to perform.



*“FLY HIGH,
DREAM BIG”*