



Team Manitoba Skills Guideline

We are very excited to announce the tryouts for Team Manitoba for the 2023/2024 season. This team will consist of athletes from Manitoba and Northwestern Ontario.

We are currently looking for athletes for the youth median team (birth years: 2010-2012) and junior advanced team (birth years: 2005-2009).

Here is a list of skills that would be beneficial for athletes to have on the youth and junior teams respectively. Athletes are not required to have all of these skills but should just use this as a guideline to know what skills they should work towards. ***Athletes should only perform skills they can do safely and confidently and in the presence of a coach credentialed to that level.***

Youth Median Team (equivalent to level 3 skills)

Baskets

- Full twist
- 1 other basket of your choice

Stunts

- Switch up to body position at prep level, press to extension, full twist dismount
- Half up to extended liberty, straight cradle dismount
- Full twisting tic toc to liberty position at prep level OR 360 switch up to liberty at prep level, bump down
- Inversion to prep level (your choice). At prep level, please demonstrate all body positions you are comfortable with

Jumps/Tumbling

- Double toe touch
- Series backhandspring
- Round off BHS back tuck
- Specialty passes ending in a tuck

Junior Advanced Team (equivalent to level 4 skills)

Baskets

- Kick Full basket
- 1 other basket of your choice

Stunts

- Switch up to body position at extended level, full twist dismount
- 1 1/2 twisting transition to prep level body position, bump down
- Full up to liberty, switch down to prep level single leg stunt, prep double down dismount
- Inversion to extended level (bhs up, hand in hand, etc), pancake dismount
- 1 other stunt of your choice. Please also demonstrate all body positions you are comfortable with

Jumps/Tumbling

- Double toe touch
- Standing tuck
- Two BHS to tuck
- Specialty passes ending in a layout

For more information, please email info@cheermanitoba.ca.