



www.coventrydynamitechcheerleaders.co.uk

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Video Trials

We are looking forward to receiving video entries from athletes who may be unable to make it to the gym for trials this year.

Please see below some recommendations below on what to include in your video;

- Jumps – Please showcase a variety of jump skills; toe touch, pike, right & left leg hurdler
- Tumbling – Please showcase a variety of standing and running tumbling skills
- Stunting - Please showcase a variety of your highest-level skills
- Please do not repeat skills, only showcase your highest-level skills – E.g. if you have Roundoff BHS layout, there is no need to showcase a tuck as well

We ask that videos are uploaded as a **unlisted video on YouTube** and the link sent in via email. Please aim to keep all videos to a **maximum length of 3 minutes**

Video trial deadline – Friday 25th June, 10pm.

Please email all videos to videotrials@cdcheer.co.uk

We ask that all videos are less than 1 year old and reflect your current capabilities. We refuse the right to revoke team placements should your skills not reflect those submitted in your videos.

Below is a list of suggested skills for each level. Athletes can include whichever skills they feel best showcase their skill set.

Level 1	Level 2	Level 3
Forward Roll	Front Handspring	Series BHS
Backwards Roll	Back Handspring	Toe Touch BHS
Cartwheel	Back Walkover BHS	Round off Tuck
Roundoff	Round off BHS	Roundoff BHS Tuck
Forwards Walkover	Round off Series BHS	Punch Front
Back Walkover	Straight Jump BHS	Aerial

Level 4	Level 5	Level 6
Standing Tuck	Series BHS to Layout	Series BHS Full
BHS Tuck	BHS whip BHS Layout	Series BHS Double
Toe Touch BHS Tuck	R/O BHS Full	Standing Full
R/O BHS Layout	Punch Front R/O BHS Full	Toe Touch Full
Punch Front R/O BHS Layout	R/O BHS whip BHS Full	R/O Flick Double
R/O BHS Whip BHS Layout	Toe Touch Tuck	Punch Front R/O BHS Full/Double