

Northern Elite Tryouts 24-25

Parent Guide to Team Placements



Process- Registration/Preparation



- Athletes will need to have the following completed before they arrive to their first evaluation:
 - Online Registration through the Parent Portal ([Portal Link](#))
 - The 24-25 Season Contract filled out in its entirety. (Yes, if your card is entered in the system, we do still need it supplied on the form.)
 - Registration payment made. (Athletes with past due balances WILL NOT be placed.)
 - Athletes need to review the Tryout Material provided. ([Tryout Material Link](#))

Process- Week 1 (Evaluations)



- Athletes will choose ONE session to attend based on their age. Athletes will be separated by skill set when they arrive and will be asked to perform the skills in the tryout material video.
- They will be given an opportunity to showcase any additional skills they may have.
- Athletes interested in flying will be given the opportunity to show their body positions.
- Athletes will receive their level callback at the end of their session.
- The callback they receive does not guarantee placement at that level. Some athletes will end up being placed higher than their callback, and some athletes will end up being placed lower than their callback.

Process- Week 2 (Level Callbacks)



- Athletes are expected to attend all the callback times assigned to them. Inability to attend will not disqualify the athlete from placement. However, not seeing an athlete with their peers will limit our staff from seeing their capabilities in their entirety which ultimately *could* impact placement.
- Following level callbacks, practice group assignments will be emailed out to all athletes with their corresponding practice times for our third week.

Process- Week 3 (Practice Groups)



- Practice groups are the final step in our placement process. We will be narrowing down our level callbacks to even smaller groups of similar skilled and aged athletes. Practice groups will not fully indicate level, as we intend to overlap several groups.
- An athlete participating in a specific level callback does not guarantee their placement at that level. There are tons of factors that will be considered when placing our practice groups and eventually our teams.
- Athletes will receive their team placement via email by June 8th.

General Notes



- Elite teams are looking for athletes with mastered skills and technique.
- Not all athletes will make Elite teams.
- Elite teams are a place for athletes who have mastered elite level skills, not for those that are new to them.
- Our long term goal is for prep to be a stepping stone to Elite at all levels.
- Our long term goal is for local prep/novice to be our stepping stone to Prep.
- As a general rule of thumb, athletes should expect to spend at least 2 years at each level. The first year is spent learning the level and expectations, the following years to showcase those skills more confidently.

1. Age Grids



- Eligibility is determined by birth year.
- The strongest teams are those that are at the top of their age grid.
- Generally, NE will place athletes in the youngest possible eligible age group.
- Exceptions are made based on the needs (Stunt position, additional tumbling, etc.) of the older groups - not on the preference of the athlete being with an older group, friends, etc.

2. Scoring



- The scoring system that we use has a very clear rubric. Our focus is to always place our teams so that teams could be successful on that scoresheet from Day 1.
- This scoring system very clearly does not leave much wiggle room for athletes that are not able to stunt, jump, AND tumble at a specific level. We are looking for well rounded athletes in ALL areas.
- Additionally, we are not just looking for athletes that can do specific skills. We are looking for athletes that can do those specific skills at the end of a 2:30 routine with mastered technique.
- Athletes should not expect to make a higher level team with brand new skills.

3. Returning Athletes



- Returning athletes will also be placed with their previous experience in mind.
- We will be considering the following in addition to the previously mentioned criteria:
 - Attitude
 - Attendance (Frequent missed practices? Frequently tardy? Adding practices to accommodate your athlete? Missed competitions?)
 - Ability to take corrections and make them in a timely manner

4. Parental/Guardian Responsibilities



- Athlete skills and attitudes will not be the only things considered when placing teams.
- Previous parental/guardian experiences will also be looked at as we place teams and consider the following criteria when placing your athletes:
 - Communication
 - Do you respond to communication received from the gym/coaches?
 - Do you read the emails and information that is sent out?
 - Do you communicate with coaches your athlete's absences, or do you wait until practice has already started?
 - Financial Obligations
 - Do you make your payments on time and pay attention to your statements?
 - History of delinquency
 - Would a team with a lower financial threshold be a better option at this time?

5. Technique- Tumbling



- We are looking for athletes that have mastered the technique of skills needed at each level.
- Next you will find some videos comparing great vs. average/below average tumbling technique in various skills.
- If your athlete identifies closer to the average/below average tumbling technique, then your athlete should not expect to be placed on an elite team at that level.

5. Technique- Tumbling (Cont.)



Example: Back Handspring Technique



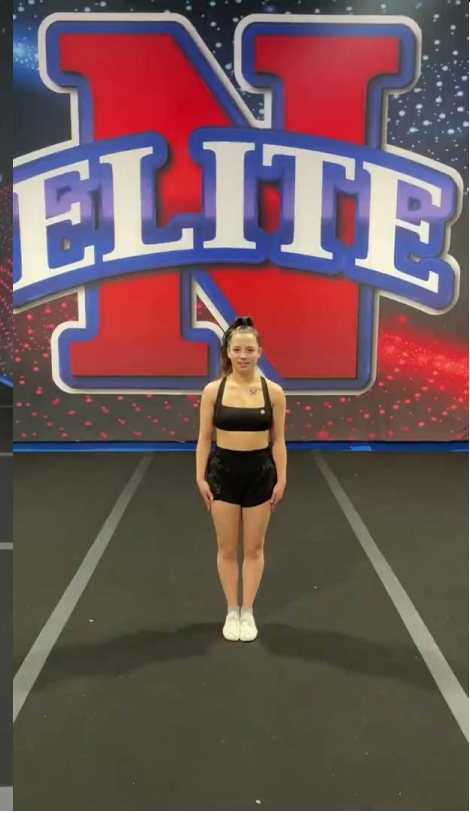
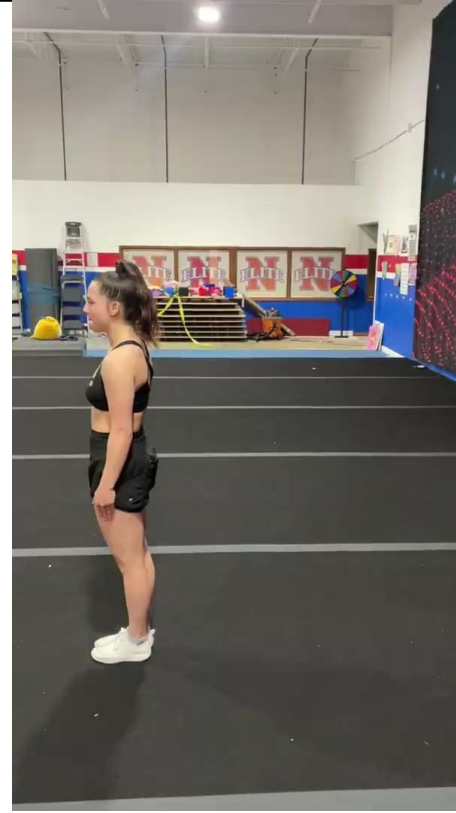
**Good
Tech**

<

Vs.

Bad Tech

>



5. Technique- Tumbling (Cont.)



Example: RO BHS Tuck Technique



Good
Tech
<

Vs.

Bad Tech
>



6. Flyer Body Positions



- We are continuing to elevate our expectations of athletes that are placed in flying roles for the upcoming season.
- Flyers for the 24-25 season will have additional expectations outside of their practices to ensure that they are adequately maintaining or achieving the body positions that are necessary for success.
- On the next slide, you will find pictures of what body positions *should* look like.

NORTHERN ELITE

FLYER EXPECTATIONS



TO BE CONSIDERED FOR A FLYING POSITION, ATHLETES MUST HAVE THE FOLLOWING BODY POSITIONS ON BOTH THE LEFT AND RIGHT SIDES:

- HEEL STRETCH
- BOW 'N ARROW
- ARABESQUE
- SCALE
- SCORPION

