

WHAT GIJO COACHES ARE LOOKING FOR IN TRY-OUTS

Flexibility & positions:

- Tight legs in splits
- 1 split all the way down
- Bridge with straight legs, which shoulder flexibility
- Stand hollow
- Laying hollow
- Lock position
- 1st, 3rd, and 5th positions

Tumbling:

- Front walkover (good form)
- Back walkover (good form)
- Power hurdle, round-off rebound stick (stick!!!)
- Running round-off rebound (control landing and run backward out of it)
- Handstand hold for 3-seconds
- Handstand, straight arm roll down step out to stand
- Handstand to bridge, straight leg kick over
- Straight arm backward roll landing on feet

Dance:

- Split jump (good form)
- Straddle jump
- Tuck jump (correctly)
- Stuck landings
- Split jump (straight legs), connected to straight jump (tight legs, arms in crown)
- Chasse
- Leap with straight legs
- Chasse, step leap, step kick
- Kneel lunge, slide to split, turn sideways to belly
- Tight lunge

Vault:

- Step, arm circle, jump on floor
- Jump off board (hollow body), stuck landing
- Handstand, fall flat (tight body)
- Proper hurdle onto board

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Beam:

- Handstand
- Side handstand (hold) dismount (stick)
- Straight jump, straight jump, stick (height and tight body)
- Lock, pivot, lock
- Hold lock for 30 seconds (no wobbles)
- Passe hold (no wobbles, 5 seconds)
- Straight leg leap, land hold
- Snap turn
- Split jump

Bars:

- Pull-over (straight legs)
- Cast in hollow position (3-5 in a row)
- Double back hip circle
- Leg cuts (leg straight)
- Shoot through
- Front hip circle
- Mill circle
- Glide swings (3 in a row)
- Tap swings (3 in a row to a back swing dismount, stuck landing)

Strength/Conditioning:

- 6+ pull-ups in a row
- 15+ leg-lifts all the way up
- 20+ push-ups with proper body position
- 20+ v-ups (straight legs, legs together)
- 2 rope climbs (one if done without legs -scissors)
- Hanging pull-up, pull-over, forward roll to chin hang, pull over (3 times)