

**WELCOME TO THE 2021-2022 STINGRAY ALLSTAR SEASON
VIDEO SUBMISSION FORM**

Applicant's Name: _____

Date of Birth: _____ Age: _____ Email Address: _____

Cell Number: _____

Parent Name: _____
(must have a parent contact)

Parent Email Address: _____ Parent Cell Number: _____

Where do you plan to live? _____

What are your plans for school? _____

When will you be available to start practice? _____

Parent signature to verify approval: _____

Make sure you have completed all elements required for your video submission.
Call the office to pay the video submission fee. 678-581-9218
Email this form to tryouts@stingrayallstars.com. Follow instructions on how to submit your video.
You will be contacted about your team placement.
If you are not placed on a team, you will receive an email from the front office.

**VIDEO SUBMISSION DEADLINE IS FRIDAY, MAY 14TH, 2021-NO EXCEPTIONS
VIDEO SUBMISSION FEE \$275.00**

STAFF ONLY BEYOND THIS POINT

VIDEO REQUIREMENTS

*Videos must show all landings and dismounts of skills, cannot be edited.

*If you cannot safely execute skills, show a similar skill,
i.e. layout instead of full, easier stunt in progression.

Jumps and standing tuck/full:

(we prefer you to use the New Level 8 count track found on SoundCloud and YouTube)

- Single toe touch on every 1 for 10 8 counts
- Standing back tuck/ standing toe tuck/ standing full on every other 1 for 10 times
- Connected hurdler, toe touch, back tuck 5 times with one 8 count rest between each sequence

Tumbling:

Each drill must be filmed in entirety. Ex. One clip is all 3 standing tumbling passes. The next clip will be all 3 running tumbling passes.

- Best standing tumbling pass 3 times - must be same skill all 3 times.
- Best running tumbling pass 3 times - must be same skill all 3 times.
- Best running tumbling pass 1 time.
- Best standing tumbling pass 1 time.

Stunting:

All girl style- 2 bases, 1 back-spot, 1 flyer, no front spots

- full up/1 1/2 up/ double up to one leg
- high to high tick tock
- most difficult inversion skill to extended position in a row
- Flyers include your best basket/baskets can show a variety
- Show the following body positions in the air. Each body position must be held for 1 8 count
- Heel stretch, Bow and Arrow, Scale, Scorpion
- Pick 2 positions to show a double down from

Co-Ed Stunting:

- Show 5 of your best stunts
- At least one stunt must be unassisted and held at the top for 1 full 8 count
- The other 4 skills can be anything you would like to show

Additional Information:

- It is preferred that all individual clips are placed together and sent through a YouTube link that can be easily accessed.
- Each clip should be clear easy to identify the person who is trying out.
- Stunting skills should be performed with senior aged eligible athletes only.
- All tumbling skills must be performed on a spring floor or hard floor.

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