

Ocala Athletix Flyer Skills

Athletes will be evaluated on the following skills:

- Body Positions that are listed below including both right and left heel stretches.
 - Base leg should be locked tight
 - Base foot facing the same direction as the knee
 - Chest up
 - Hips closed
 - Stretch leg toe pointed
- Right, Left and Center Splits
- Balance
- Core Control
- Technique
- Flexibility
- Confidence

This evaluation does not guarantee the athlete will be a flyer for the 2023-2024 season. It provides an opportunity for the athlete to showcase skills to be considered as a potential flyer.

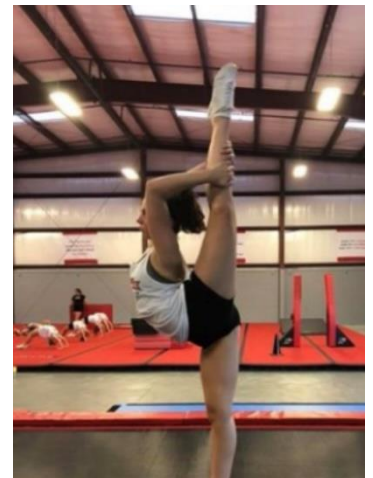
HEEL STRETCH



SCALE



SCORPION / NEEDLE



BOW & ARROW



ARABESQUE

