

ARKANSAS

SPIRIT SQUADS

University of Arkansas Dance Team Tryout Requirements

TECHNIQUE REQUIREMENTS

- Right triple pirouette
- Side aerial
- Headspring
- Extension or leg hold turn
- Elite leaps/jumps including 1 switch variation
- 6 turns in second with a triple pirouette out

PREFERRED REQUIREMENTS

- Right quadruple+ pirouette
- Left triple+ pirouette
- Front Aerial
- Right Aerial
- Any other aerial variations
- Kip Up
- Leg hold turn variations
- Elite turn combinations (e.g. triple floats, changing spots, etc.)
- Misc. Elite leaps/jumps
- Standing or running tumbling



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