

Young Ambassadors of Physical Education

Skill Tests for Tryouts

PHYSICAL FITNESS

1. Pull-Ups
2. Curl-Ups in one minute
3. Mile Run
4. Splits and/or Pancake
5. Handstands for time
6. 10 Push-Ups (form)
7. Headstand sequence (tripod, up, straddle, stag, roll)

RHYTHMS

1. Perform an exercise routine to music (this will be taught the first 2 days of tryouts)

TUMBLING

1. Front Walkover
2. Back Walkover
3. Front Handspring
4. Back Handspring
5. Hand-Walking for distance
6. Bonus Points – Aerial Moves

JUMP ROPE (Individual Rope)

1. 30 second speed test
2. Double Unders
3. Perform a jump rope routine composed by the student (routines should not exceed 30 seconds). Routines will be judged on difficulty, form and the number of misses.

DOUBLE DUTCH – Two attempts scored on a 4-point basis:

1 point – enter clean

2 points – enter clean and jump five times

3 points – enter, five jumps, and exit or enter, five double dutch steps, no exit

4 points – enter, 5 double dutch steps, exit clean

Students will have two attempts to perform optional double dutch steps:

One Point Skills

Turn around on one-foot
Straddle Crosses
High Steps

Two Point Skills

Straddle Jump
Can-Can steps
Full Turn
Cossack Step

Three Point Skills

Short jump rope solo inside
Tumble into the ropes
Push-Ups
Juggle inside ropes

CIRCUS SKILLS

Unicycles

2 points – Ride 15 feet

3 points – Figure 8

3 points – Floor Mount

3 points – Idling / Rocking 10 Times

Bonus (0-5 points)

Unicycle routine incorporating higher-level skills (various mounts, bunny hops, backward riding, one-foot idling, one-foot riding, etc.)

Juggling (0-3 points)

Perform a routine consisting of 4 or more skills using scarves, bean bags, and / or balls

Flower Sticks (0-3 points)

Perform a routine consisting of 4 or more skills

Diablo (0-3 points)

Perform a routine consisting of 4 or more skills

Young Ambassadors of Physical Education

Guidelines for 2011-2012

PURPOSE

The Young Ambassadors of Physical Education is the elementary physical education team of the Tacoma School District. The group shares with parents, teachers, administrators and the general public a variety of physical activities that explain and demonstrate the intent of physical education at the elementary level.

MAKE UP OF THE YOUNG AMBASSADORS

The group is open to Tacoma elementary students in grades one through five and will consist of no more than 36 students. A good faith effort will be made to assure that the students in the Young Ambassadors are representative of the student body of the Tacoma School District.

ELIGIBILITY

Students will be selected during a tryout process in October. The tryout process will be based upon the following criteria:

- Rhythmic ability
- Gymnastic ability
- Physical fitness development
- Jumping rope ability
- Circus skills
- Past membership in Young Ambassadors
- Ability to work hard
- Ability to listen and follow directions
- Reliability
- Parental support
- Demonstration of exemplary conduct in and outside of school

Students must continue to maintain tryout criteria along with good standing in both academic and school citizenship during the entire school year. When a student's teacher, principal and/or coach feel a student is not maintaining appropriate tryout criteria, academic and citizenship levels, that student is no longer eligible to participate as a member of the Young Ambassadors. The Young Ambassadors staff monitors student's progress on a regular basis. If there is a problem, a conference will be set up for all of the concerned individuals with the parents.

Previous Young Ambassador students, who remain in elementary school, will need to tryout each year if they wish to remain on the team. This will encourage the students to keep up on their skills.

LENGTH OF SEASON

The season will run approximately from October through the end of April, unless special situations create a need to extend the season.

PRACTICES

Practice will be on Tuesdays and Thursdays from 4:00 – 5:45 PM on days that school is in session. Practices are held at DeLong Elementary School.

ATTENDANCE

1. Attendance is mandatory for all practices and performances with the exception of illness. Two unexcused absences from practices or performances will result in loss of group membership. Special permission may be granted for certain family obligations
2. If a student is ill or misses the practice prior to a performance, that student will not participate in the next performance. After returning to practices, the students will pick up his / her normal responsibilities with the group.
3. If a student is ill or misses a practice, it is expected that one of the instructors be notified before practice or an additional unexcused absence will be recorded. This also helps staff to know that the student is safe.
4. If a child has been to practice but will miss a performance due to illness, it is expected that one of the instructors be notified as early as possible prior to the program.

TRANSPORTATION

1. All travel arrangements for practices and performances in the greater Tacoma area are the responsibility of the parents.
2. Transportation to performances outside of the greater Tacoma area will be furnished by the Young Ambassadors through an official school bus or chartered bus.
3. Students should be picked up from practice within fifteen (15) minutes of the scheduled ending time. If a student is picked up late twice, the student will be placed on probation. If a third late pick-up time is recorded while the student is on probation, the student will be dropped from the group.

EXPENSES

The uniform cost is the responsibility of the parents. The uniform articles then become the property of the student but it is expected that they be worn only for Young Ambassador performances. The uniform consists of:

- Girls – team leotard, undergarments, team t-shirt and matching shorts
- Boys – team gymnastics uniform, team t-shirt and matching shorts
- All students are expected to provide basic, clean white tennis shoes and “footies” for performances
- The Young Ambassadors program will provide a warm-up suit for the season. This warm-up suit should be worn only to performances.
- The Young Ambassadors program will provide a bag for the season to carry any necessary items for performances. This bag should be used for performances only.
- If a student is dropped from the group, or if the student quits, there will be no refund for uniform expenses.

There is the possibility that we may travel on an extended tour. If this happens, there will be a travel fee charged for each Young Ambassador traveling with the group.

PARENT'S RESPONSIBILITIES

1. Assist with communications as described in the attendance section;
2. Help their child care for and wash his / her uniform;
3. Provide transportation to and from practices and performances in the greater Tacoma area;
4. Support Young Ambassador fundraisers and other activities;
5. Attend parent meetings when they are called; and
6. Meet the financial obligations.



YES, WE HAVE READ AND WE UNDERSTAND THE YOUNG AMBASSADOR GUIDELINES.

Parent / Guardian Signature

Date

Young Ambassador Signature

Date

Young Ambassadors of Physical Education

Permission Form

(Both the student and parent/guardian must read and sign this form)

Your child has shown interest in trying out for the Young Ambassadors of Physical Education. You and your child need to read and consent to the following information before participating in this program.

Tumbling and its related forms (stunts, pyramid building, rope skipping, unicycle riding, etc.) does include risks because it involves motion, rotation, weight bearing, and possibly height in a unique environment. Due to the nature of this sport area, accidents may occur and risk of serious injury does exist.

The School District is alerting you that there are risks involved in tumbling activities; however, your child's participation in this activity will be supervised and monitored, as well as instructed. If you have questions regarding the tryouts, please contact one of the following individuals:

Gale Johnson, Delong Elementary School	571-5793 or 571-5791
Toni Norling, Washington-Hoyt Elementary School	571-5718
Craig Christiansen, Sherman Elementary School	571-5463
Candy Klein, Truman Middle School	571-5617

I, the parent/guardian, have read this permission form and understand its content. I realize that an element of risk is involved in tumbling and its related forms. I give my permission for _____
_____ to try out for the Young Ambassadors of Physical Education.

Signature of Parent/Guardian

Date

I, the student, have read and understand the permission form. By signing this form I recognize the importance of following directions from the instructor regarding safety rules, skill techniques, warm-up procedures, etc. and agree to obey such instructions.

Signature of Student

Date

Name: _____

Phone #: _____