

MILTON HIGH SCHOOL



MILTON CIRQUE COMPANY LETTERING



PLEASE NOTE THE FOLLOWING:

STUDENTS DO NOT FILL OUT THE LETTERING POINTS FORM – YOU MAY HOWEVER USE IT A REFERENCE GUIDE TO DETERMINE YOUR POINT PROGRESS. The Lettering Points Form will be completed by Mr. Smith and Coach Connell.

It is the responsibility of each company member to monitor their own lettering progress. Director Smith and Coach Connell WILL scrutinize reporting. They WILL NOT discuss total lettering points with the company members nor parents prior to end-of-the-season awards banquet/DROM. Athletes will learn whether or not they lettered at the banquet.

YOU MUST KEEP THROUGHOUT THE YEAR ALL DOCUMENTATION/RECEIPTS ETC... AND INCLUDE IN AN ENVELOPE TO BE TURNED IN AT THE END OF THE YEAR.

This would include:

- any offsite performance opportunity,
- professional Cirque Show attendance,
- outside training during the summer

New skills checklist have been added or will be evaluated such as: Trapeze, Rings, Straps, Handstands, et

PLEASE NOTE: PER THE POLICY SET BY OUR ATHLETIC DIRECTOR AND PRINCIPAL

- 1. Members will adhere to the Fulton County Student Code of Conduct and Student Social Media Guidelines.*
- 2. If there are any infractions of school code or the Cirque contract or poor academic standings- The student will not letter. That is a school policy - NOT Cirque policy.*
- 3. The Code of Conduct will also have be relevant in determining if a student will letter or not. Please be aware of the conduct expectation and violations as detailed in the Athlete/Parent Handbook for GHSA Sanctioned Interscholastic Athletic Activities.*



The Milton Cirque Performance Company presents the criteria for earning a Varsity Letter. **This distinction will be issued to athletes that excel and perform in Cirque Performance Company at an elevated level. The criteria for earning a letter is broken down in a combination of categories that include:**

- Training (Both on Campus and Off)
- Physical Achievement
- Service and Enrichment
- Good Standing
- Adhering to the Code of Conduct
- Adhering to the Social Media Contract

A maximum number of points will be assigned and allowed for each category.

In addition, beginning in 2017-18 Academic year, the Milton Cirque Performance Company Members will be adhering to the Fulton County Code of Conduct and observing the Social Media Brief. Copies of both will be posted and available to everyone PRIOR to Auditions.

Copies of both the Fulton County Code of Conduct the Social Media Brief are posted on our site.



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MILTON CIRQUE COMPANY LETTERING

Points	Type	Total Possible
	TRAINING POINTS	45
2 pts per Hour of training	Attend a Master Class with a Guests Artist	
	OUTSIDE TRAINING INCLUDES SUMMER PRIOR	35
5 points	3 HOURS PER VERIFIED non-required PRACTICE TIME	
	GOOD STANDING POINTS	
5 points	All Forms PERFECTLY COMPLETED by First Day of CLASS	5
	SERVICE/ENRICHMENT POINTS	25
4 points	Attend and Volunteer Time to Teach a Cirque Workshop at THES CON	
1 point	Audition Assistant	
1 point	Attend a professional Cirque Show	
5 points	Act Leader	
5 points	Planning Team	
	<i>Number of Years in CIRQUE</i>	
1-5 points	ONE YEAR (1) TWO YEARS (3) THREE YEARS (3) FOUR YEARS (5)	
5 points	Participate in Offsite Performance Opportunity	
	PHYSICAL ACHIEVEMENT POINTS	45
10 points	Complete 5 Pre-Determined Curriculum SKILLS on One Apparatus (see attached)	
5-15 points	Complete a PRE-Determined FITNESS WORKOUT LEVELS LEVEL 1 = 5 POINTS LEVEL 2 -10 POINTS LEVEL 3 = 15 POINTS.	

POINTS REQUIRED TO LETTER = 100



PHYSICAL FITNESS – LEVEL ONE

ACTIVITY	REPETITION	MEN	WOMEN	TIME
1. AEROBIC CAPACITY				
1 MILE RUN	1	10 MIN	11 MIN	_____
JUMPING JACKS	1	100	100	_____
2. ABDOMINAL STRENGTH				
FULL SIT-UPS	1	25	20	1 MIN
CRUNCHES	1	35	30	1 MIN
3. UPPER BODY				
PUSH-UPS	1	20	15	1.5 MIN
CHIN-UPS	1	7	5	1 MIN
ARM HANG	2	20 SEC.	15 SEC	_____
4. BODY STRENGTH/ FLEX				
TRUNK LIFT	1	10 IN.	8 IN.	_____
V-SIT	1	_____	_____	30 SEC
5. FLEXIBILITY				
SIT AND REACH	1	TOES	TOES	_____
SHOULDER STRETCH	1	HAND	HAND	_____
SPLITS	1	1 SPLIT	2 SPLITS	_____
BACK-BEND	1	ABILITY	ABILITY	_____



PHYSICAL FITNESS – LEVEL TWO

ACTIVITY	REPETITION	MEN	WOMEN	TIME
1. AEROBIC CAPACITY				
1 MILE RUN	1	8 MIN	9 MIN	_____
JUMPING JACKS	1	100	100	_____
2. ABDOMINAL STRENGTH				
FULL SIT-UPS	1	40	35	1.5 MIN
CRUNCHES	1	50	45	1.5 MIN
3. UPPER BODY				
PUSH-UPS	1	30	25	1.5 MIN
CHIN-UPS	1	12	7	1 MIN
ARM HANG	2	45 SEC	40 SEC	_____
4. BODY STRENGTH/ FLEX				
TRUNK LIFT	1	12 IN.	10 IN.	_____
V-SIT	1	_____	_____	45 SEC.
5. FLEXIBILITY				
SIT AND REACH	1	NOSE TO KNEE		
SHOULDER STRETCH	1	HANDS TOUCHING AT PALMS		
SPLITS	1	2 SPLITS	3 SPLITS	
BACK-BEND	1	BACKBEND FROM ELBOWS		



PHYSICAL FITNESS – LEVEL THREE

ACTIVITY	REPETITION	MEN	WOMEN	TIME
1. AEROBIC CAPACITY				
1 MILE RUN	1	7 MIN	8 MIN	_____
JUMPING JACKS	1	100	100	_____
2. ABDOMINAL STRENGTH				
FULL SIT-UPS	1	55	50	2 MIN
CRUNCHES	1	65	60-	2 MIN
3. UPPER BODY				
PUSH-UPS	1	45	30	2.5 MIN
CHIN-UPS	1	20	16	2 MIN
ARM HANG	2	1 MIN	55 SEC.	_____
4. BODY STRENGTH/ FLEX				
TRUNK LIFT	1	14 IN.	12 IN.	_____
V-SIT	1	_____	_____	1 MIN.
5. FLEXIBILITY				
SIT AND REACH	1	NOSE TO SHIN		
SHOULDER STRETCH	1	HANDS TOUCHING AT WRISTS		
SPLITS	1	3 SPLITS	OVERSPLIT	
BACK-BEND	1	SNAIL (BACKBEND ON CHEST)		





Cyr Wheel

Intermediate

Basic waltz

Waltz with 1 arm (both sides)

Waltz with 1 leg (both sides)

Hanging waltz

Grace waltz

Spiral "cart wheel"

Coin

Corners

Feet together or feet wide waltz

Arch waltz or center spin

Surfers

Superman

Flower pickers

Half, full turn

Half, full twist

Hands off

Advanced

Hand springs (front, back)

Flags (both sides)

Monkey spiral or spin

Cart wheel....coin then coin....cart wheel

Jump to support

Connecting tricks eliminating waltz steps in between "sequencing"

Elbows long drop

Hanging full turn - Hanging gull twist



Tumbling

Intermediate

Cart wheel

Round off

Back handspring

Front handspring

Dive roll

Front flip

Round off back handspring

Advanced

Backflip

Round off back handspring tuck

Round off back handspring layout

Ariel

Round off back handspring full

Specialty pass through to full

Banquine

Intermediate

Basic toss from standing - straight rides

Basic mega toss

Toe touch toss

Full down toss – kick full down

Transfer tosses to another base

Launches – across to another group

Front tuck toss

Advanced

Back tuck toss

Back tuck to standing

Back layout – standing

Full back toss – double back etc.

Handstand tosses

Triple stacks

Aerial Tissu

Beginner

Intermediate

4+ inversions in air in a row on silks

Hip Key in air (clean) on silks

S-Lock in air (clean) on silks

Plank for 1 minute

3+ pull-ups



Diablo

Beginner

Two High Throws and Catches in a Row

Another start beside the floor start: twist, toss, or wrap start.

A stick grind for 3 seconds and toss back on to string.

A stop-over on each side (Also called trapeze)

Around the leg or arm for 5 Revolutions

Whipping Acceleration

Trampoline for 5 Catches

Any Type of Sun (also called Around the World)

Elevator

Demonstrate a Routine with a Start, 3 Tricks, and a Finish!

Advanced

Chinese Acceleration (Diabolo is front wrapped and then Pulled Up and Down)

Around the Leg with One Hand

Double Cat's Cradle

Whip Catch

Sun Combination (Two Different Suns back to back)

High Toss with either a Pirouette, Jump Rope, or pass the Sticks Move

Any Stick Release Move (Also Called Suicides, but not by me)

3 passes of the Umbrella Trick (Diabolo is Snatched back and forth at head height)

Any Magic Knot (String is wound around sticks, and then Releases)

A Routine set to music or with comedy patter with at least 7 Tricks



Juggling

Basic (Balls or Beanbags) – Intermediate

3 Ball Cascade- 21 catches

Juggle 2 in 1 hand- 10 catches in right hand and then 10 in left hand

Juggle Columns- 10 catches

Reverse Cascade- 15 catches

Half Shower- 10 catches

Full Shower- 10 catches

One body throw- Either under the leg or behind the back (back cross or shoulder throw)

One Body Bounce - off knee, elbow, foot, or head

One up Pirouette

Create a Routine with a Start, 5 Tricks, and a Finish

Advanced

Be Able to Demonstrate:

Basic Cascade with either Clubs or Rings - 21 catches

4 Ball Fountain - 12 catches either Synchronized or Asynchronous

Overhead Cascade- 12 catches

One Contact Move-Body Roll, Elbow Stall, or One-Handed Butterfly and then back into the Cascade Pattern

Mill's Mess- 15 catches

Run a Trick one one side- back crosses or under the leg for 5 catches.

With a Partner- pass 6 balls for 10 catches on a 4 count (every others)

With a Partner-learn front steals and side steals

Flash 5 Ball Cascade-5 throws and 5 catches

Develop a Routine with 10 Tricks set to Music or with Comedy Patter



Chinese Pole

Beginner

Basic Climb

Basic Climb Turning (Both Sides)

Knee Hang

Knee hook (Both Sides)

Frog Climb

Buddha (Both Sides)

Elbow Flag (Both Sides)

Intermediate/Advanced

Doughnut Drop

Cannon Ball Drop

Shoulder Hops

Handstand Flag

Superman

Spanish Web

Basic

french climb
classic toe climb
classic descent
half lock
arabesque (half lock with a crucifix)
clothes line with a wrap on (single knee hang from a half lock)
lotus
grip choices: regular, flamenco, Italian

Beginner

vertical split
j-roll from vertical split
russian climb
outside hook climbs
hip lock (hip key) from the ground
hip lock from outside hook climb
front balance
hip lock from front balance
hip lock balance with triple leg wrap
introduction to tempo (bell beats, bike beats, straddle beats)
catchers hang

Rings

Beginner

Intermediate

Advanced



Hand to Hand

Beginner

Triangle Stand

Dirty Dancing

Dolphin

Salamander

Titanic

Intermediate

H2H

Handstand

Superman

Cannon Ball

Advanced

Press handstand on Base

Handstand Drop

Table (Guy on Guy)

Reverse Backward Cannonball

One Arm Dirty Dancing



Hoops

Beginner

Knee Hooping

Around the Waist Hooping

One Arm Vortex

Isolation

Neck Hooping

Elevator

Foot Hooping

Single Lasso

Intermediate/Advanced

Full Vortex

Linier

Flower

Double Isolation

Breaks

Walk the Dog

Shoulder Roll/Chest Roll

Pizza Toss

Double Lasso



Poi

Beginner

3 beat weave

Backwards 3 beat weave

Butterfly (forwards and backwards)

Double Lasso (opposite and same direction)

Around head vertical

Side stalls

Downward stalls

Waist wraps

Intermediate

Opposite Split time hip reels

Opposite spin half plane front/back stalls

Thread the needle

Flowers

Buzz saw

Isolations

Advanced

Upward stalls

Backwards 3 beat toss

Wind mill (also called Waterfall)

Forwards to backwards to forwards 3 beat

Hip reel pivot turns (split and sync)

Shoulder reel pivot turns (split and sync)

Hand wrap spiral

Flow freestyle for 1 minute to random song (must include at least 5 tricks)

Behind the back weave



Handstands to be updated soon

Straps to be updated soon

Slackline to be updated soon