



A VARSITY SPIRIT BRAND

PYRAMID PROGRESSIONS

Non-Released

Released Transition

Braced Roll/Flip

Intermediate

- Braced non-released transitions
- Inverted stunts to prep level and below
- Intermediate full up variations

- Released transition to any level with 2 bracers
- Released transition to prep or below with 1 bracer
- Switch up landing extended - braced or unbraced

- Flipping transition landing below prep level
- Rolling transition to prep and below

Advanced

- Inverted stunts to extended - 2 bracers
- Advanced full up variations

- Released transition landing extended with 1 bracer
- Braced inverted stunts released to prep level and below

- Flipping transition landing at prep level
- 1/2 twisting flipping transition landing below prep level
- Rolling transition to extended position - 2 bracers

Elite

- Inverted stunts involving spinning to extended - 2 bracers
- Inverted stunts to extended - 1 bracer
- Elite full up variations
- Single base advanced full up variations

- Released transition involving spinning or inversion that land extended with 2 bracers
- Unbraced releases landing extended

- Flipping transition landing extended
- 1/2 twisting flipping transition landing at prep level
- Rolling transition to extended position - 1 bracer

Super Elite

- Inverted stunts involving spinning to extended - 1 bracer
- Super elite full up variations
- Single base elite / super elite full up variations

- Released transition to extended involving spinning / inversions with 1 bracer
- Unbraced spinning release landing extended

- Flipping transition starting at prep or above, landing extended
- 1/2 twist flipping transition landing extended
- Flipping transition landing extended with minimal bases