B.10 Skill: Show & Go

Novice SELECT Level 1 Building

Entry:

Base	Top Person	Spotter
Bases should begin with their legs about shoulder width apart. The bases should be positioned no wider than the top person's shoulders. Bent knees, straight back, and hands together with palms up and arms near a 90 degree angle. Bases should put their wrists around where their belly button is located.	Start with either one foot loaded into a base's hand or both feet on the performance surface. Top should have a hand on each of the bases' shoulder.	Hold top person at their waist

Middle:

Base	Top Person	Spotter
Together, dip with their legs, drive top person above head, letting it come back down to load-in/sponge position	Bend through elbows. Push off bases' shoulders, standing up as quickly as possible. Top should be in a straight body, squeezing legs together and arms by their side or hitting motion at peak of stunt. Catch shoulders once top person is back at sponge level.	Both hands on top's waist or under top's seat. Dip with bases, push to the top. Hands will slide to legs or ankles as top hits peak . Controlling bringing the top down back to sponge. Catching the same way they started, at waist or under seat.

Exit:

Base	Top Person	Spotter
Bases let go of top's feet.	Maintaining contact with shoulder, land with feet together and knees slightly bent.	Assist top person, at the waist, from stunt to the performance surface.

Supplies / Aids:

Video

Conditioning:

- Squats

Drills:

- Top should practice push and standing on the floor.
- Timing drills with bases and spotter

Notes:

BUILDING

Safety:

The bases not stepping back as the top reaches the top of the skill