



**MONTANA
PERFORMANCE
GYM**

Flyer
REQUIREMENTS

2023-2024

MONTANAPERFORMANCEGYM.COM

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OVERVIEW

The following page reflects a list and visuals of flyer body positions. Flyers need to be able to execute 2 of the 6 body positions listed. They will be asked to hold the position on a stunt stand/trainer for 1 full 8 count.

The ability to perform the desired number of body positions does not guarantee a flying position on a team. If an athlete is given a flying spot they are expected to maintain their flexibility and execution of body positions. Flyer Fitness class will be done once a week within practice, but a flyer will need to be stretching and working their drills at home. Failure to maintain flexibility and body positions will result in removal from the flying position.



Flyer

BODY POSITIONS

HEEL STRETCH



NEEDLE



ARABESQUE



BOW & ARROW



SCALE



SCORPION

