**Spotting:**

 One of the most important concepts of aerials. Never do any stunt without spotters and if possible a mat until you feel completely comfortable doing that specific stunt with a person you have already practiced with. If you have the means, using a big group of people is fantastic. Although the spreadsheet will give a couple specific spotting positions, any others should always be ready to jump in and make sure the girl does not hit her head. All spotters, including the guy and girl who are doing the stunt, should always be aware of any issues that could occur doing the stunt, ex: she could roll over his head in this direction, she could over OR under rotate, he could miss the catch, he could go throw too hard and she would land here. Even if one has not seen all the possible outcomes, think through the move carefully to prepare everyone for anything. Anyone can spot, including girls. If you do not feel confident in yourself to catch someone, speak up. Spotting is not only a safety procedure, but it also gives everyone more confidence to do the stunt, knowing that no matter what, someone will be there to help out in every circumstance.

 When spotting, one should always be on their feet, especially for the more advanced stunts. If a spotter is on their knees, they are less likely prepared for the multiple occurrences. If you need to be low you can squat or crouch. A spotters hands should always be outstretched and ready to reach for the girls SHOULDERS. If one tries to catch the head, then this could cause severe whiplash. CATCH THE SHOULDERS.

 Spotters should know that it is NOT the couple’s fault if one of their limbs hits you during the stunt. However, this means you’re doing your job; you’re close enough to be prepared for anything, but not so close that you hinder the stunt.

Hug spot- Arms wide open ready to hug the girl, usually when girls land with no or very little contact from the guy.

Self-spot- This is usually when the girl does not go upside down so other spotters are only slightly unnecessary. Whether the spreadsheet claims the move to be a self-spot, people around must always stay prepared for the worst. For instance, Backspin is a self-spot move because the speed, but also because the girl’s hands are in front of her the entire time. If the guy is not bent over enough the will fall behind with face toward the floor, however her hands will catch her. At this point spotters should help the girl get her feet to the ground while she staying supported.

Exercise- “Save the Girl”; a guy will grab a girl upside down, and hopefully your spotters will react immediately to place their hands on the girl’s shoulders and lift her to an upright position while the guy sets her feet back down.

**Base:**

A steady base will usually pertain with stance a little wider than the width of your shoulders, with feet parallel to each other (toes facing in front), and knees bent. A girl has every right to ask the guy she is doing a stunt with to get a better base. Some bases may need to be adjusted for a certain stunt, like the the Hip Spin or Deep Dip. While in your stance, somebody should be able to shove at you shoulder in any direction and you should not step.

Exercise- “Base Exercise”; guy leads girl to a Knee Lift, pops her up so she is kawala bear hugging him, guy gets into base stance, puts his arms up and out to the side, girl will make her crawl all the way around the guy- if guy steps, he fails-, once she is back in her original position the guy will pop her back to a Knee Lift and then set her down. This is actually really fun for the girl :)