

SKILL EVALUATION FORM - BRING IT WITH YOU TO SKILL EVALUATION

CHEERLEADER NAME: _____ CURRENT AGE _____

BIRTH DATE: ____/____/____ TEAM LEVEL YOU WANT TO MAKE: NOVICE / PREP / ELITE

WHAT IS YOUR POSITION : BACK SPOT / BASE / FLYER / FRONT SPOT

WHAT IS YOUR TUMBLING LEVEL : PRE - LEVEL 1 / LEVEL 1 / LEVEL 2 / LEVEL 3 / LEVEL 4

WHAT IS YOUR STUNTING LEVEL: NOVICE / LEVEL 1 / LEVEL 2 / LEVEL 3 / LEVEL 4

JUDGES BOX: DO NOT FILL OUT _____

STANDING TUMBLING		
BWO = Back walkover FWO = Front Walkover CW = Cartwheel BHS = Back Hand Spring		
PRE-LEVEL 1 Forward Roll Handstand Bridge Up Standing Backbend (kickover)	LEVEL 1 BWO FWO Back Extension Roll Back Walkover Switch Leg Valdez BWO-BWO Valdez-BWO	LEVEL 2 BWO - Switch Leg - BHS BHS Step out- BWO - BHS Valdez - BHS Step Out Back Extension Roll - BHS
LEVEL 3 BHS Series (3 or more) Jump - BHS Series - Jump BHS-JUMP-BHS BHS Series (3 or more) including a Step Out BWO-BHS-Jump-BHS Series Jump -BHS Series	LEVEL 4 Jump - BHS Series - Tuck BWO - Tuck	

JUDGES BOX: DO NOT FILL OUT _____

TECHNIQUE	NOVICE	PREP	ELITE
STANDING TUMBLING			
RUNNING TUMBLING			
JUMP - TOE TOUCH			
JUMP - PIKE/HURDLER			
MOTION SEQUENCE			

JUDGES BOX: DO NOT FILL OUT _____

RUNNING TUMBLING		
BWO = Back walkover FWO = Front Walkover CW = Cartwheel BHS = Back Hand Spring RO = Round off LO = Layout *Bouncer/Flyspring = is a 2 step PUNCH with 2 feet into a front handspring and lands on feet together.. ** Front Handspring = is a 2 step HURDLE legs are in a split but land with feet together. (Think fast front walkover that lands with feet together)		
PRE-LEVEL 1 Cartwheel Round off	LEVEL 1 CW - BWO FWO - CW FWO - CW - BWO	LEVEL 2 RO-BHS Series Bouncer/ Flyspring Front Handspring FWO - RO - BHS Series RO - BHS Rebound - RO-BHS
LEVEL 3 FWO - Aerial RO - BHS Step Out - ½ Turn - RO - BHS - Tuck FWO - RO - BHS(series) - Tuck Bouncer - RO - BHS - Tuck	LEVEL 4 Punch Front - Step Out - RO - BHS - LO RO - Whip - BHS - Tuck	

JUDGES BOX: DO NOT FILL OUT _____

FLEXIBILITY	BEGINNER	INTERMEDIATE	ADVANCED	ELITE
RIGHT SPLIT				
LEFT SPLIT				
CENTER SPLIT				

JUDGES BOX: DO NOT FILL OUT _____

STRENGTH	REPS/TIME	STRENGTH	REPS/TIME
PUSH UPS = 1 MIN or 30 SEC		HOLD A HANDSTAND = 1 MIN OR 30 SEC	
PLANK HOLD = 1 MIN or 30 SEC		10 CANDLE STICK JUMPS	
10 BURPEES		5 TICK TOCKS (FWO/BWO)	

