

Athlete Name

Phone

Email

Age

Date of Birth

() -

Athlete Phone #

Gym/Program in '22 - '23

Team & Level in '22 - '23

Years in All Star

1. _____ 2. _____ 3. _____
 Division & Level Goal for the 2023-2024 Season

Other Requests (long distance ride shares, conflict with practice nights, etc.)

**** These requests will be considered but no guarantees are made. We will do our best to accommodate specific requests for ride sharing/siblings/practice times etc. that are realistic and significant. Requesting to fly, to be on an older team, or to be on a team with higher-level skills than the ones you currently have are unlikely to make an impact on the final roster selection.**

If you have been on a team before, what role(s) did you play in stunt groups? (Check all that apply)

MAIN

SIDE

BACK

FLYER

FRONT

What is the HIGHEST level of stunts you have competed? (mark one) 1 2 3 4 5

All Star Prep: YES/NO

All Star Elite: YES/NO

Crossover for an additional fee: YES/NO



Please put a check mark **IN THE CIRCLES ONLY** for skills you can currently complete safely, consistently, with good technique, and **WITHOUT A SPOTTER**.

	BEGINNER	INTERMEDIATE	ADVANCED	ELITE
LEVEL 1	<input type="checkbox"/> Forward Roll <input type="checkbox"/> Backward Roll <input type="checkbox"/> Bridge Kick Over <input type="checkbox"/> Cartwheel	<input type="checkbox"/> Handstand Forward Roll <input type="checkbox"/> Back Walkover (BWO) <input type="checkbox"/> Front Walkover (FWO) <input type="checkbox"/> Round Off (RO)	<input type="checkbox"/> BWO Switch <input type="checkbox"/> 3 BWO <input type="checkbox"/> 3 FWO <input type="checkbox"/> Valdez	<input type="checkbox"/> FWO CW BWO Switch <input type="checkbox"/> Back Extension Roll <input type="checkbox"/> Valdez BWO Switch <input type="checkbox"/> *Back Handspring (BHS) & RO BHS
LEVEL 2	<input type="checkbox"/> BHS & BHS Step Out (SO) <input type="checkbox"/> RO BHS/RO BHS SO <input type="checkbox"/> RO 2 BHS <input type="checkbox"/> Dive Roll	<input type="checkbox"/> BWO BHS <input type="checkbox"/> RO 3 BHS <input type="checkbox"/> RO BHS SO BHS <input type="checkbox"/> Front Handspring (FHS)	<input type="checkbox"/> Valdez BHS <input type="checkbox"/> RO BHS Rebound 1/2 RO BHS <input type="checkbox"/> FWO RO 3 BHS <input type="checkbox"/> Front Bounder	<input type="checkbox"/> Back Extension Roll BHS <input type="checkbox"/> BHS SO BWO BHS <input type="checkbox"/> FHS Front Bounder SO RO BHS <input type="checkbox"/> RO Back Tuck (BT) & 2 BHS
LEVEL 3	<input type="checkbox"/> RO BT <input type="checkbox"/> RO BHS BT <input type="checkbox"/> Jump BHS <input type="checkbox"/> 2 BHS	<input type="checkbox"/> FWO RO BHS BT <input type="checkbox"/> RO 2 BHS BT <input type="checkbox"/> BHS Jump BHS <input type="checkbox"/> 3 BHS	<input type="checkbox"/> Aerial <input type="checkbox"/> Front Bounder RO BHS BT <input type="checkbox"/> Jump BHS Jump BHS <input type="checkbox"/> Front Tuck (FT)	<input type="checkbox"/> Aerial (Pause) RO BHS BT <input type="checkbox"/> FT (Pause) RO BHS BT <input type="checkbox"/> FWO RO BHS SO RO BHS BT <input type="checkbox"/> RO BHS Layout (LO) & 2 BHS BT
LEVEL 4	<input type="checkbox"/> 2 BHS BT <input type="checkbox"/> Cartwheel BT <input type="checkbox"/> Standing BT <input type="checkbox"/> RO BHS LO	<input type="checkbox"/> BHS BT <input type="checkbox"/> FWO RO BHS LO <input type="checkbox"/> RO BT 1-2 BHS LO <input type="checkbox"/> RO Whip 1-2 BHS BT	<input type="checkbox"/> Jump BHS BT <input type="checkbox"/> FT SO RO BHS LO <input type="checkbox"/> RO Whip 1-2 BHS LO <input type="checkbox"/> RO Whip BT	<input type="checkbox"/> Aerial BT <input type="checkbox"/> FHS FT SO RO BHS LO <input type="checkbox"/> RO Whip LO <input type="checkbox"/> RO BHS Full & 2-3 BHS LO
LEVEL 5	<input type="checkbox"/> Jump BT <input type="checkbox"/> 2-3 BHS LO <input type="checkbox"/> RO Full <input type="checkbox"/> RO BHS Full	<input type="checkbox"/> BHS LO <input type="checkbox"/> BHS BT 1-2 BHS LO <input type="checkbox"/> FWO RO BHS Full <input type="checkbox"/> RO 2-3 BHS Full	<input type="checkbox"/> Jump BHS LO <input type="checkbox"/> BHS Whip BHS LO <input type="checkbox"/> BT 1-2 BHS LO <input type="checkbox"/> FT SO RO BHS Full	<input type="checkbox"/> 1-2 BHS Whip LO <input type="checkbox"/> RO Whip 1-2 BHS Full <input type="checkbox"/> FHS FT SO RO BHS Full <input type="checkbox"/> RO Arabian (Pause) RO BHS Full
LEVEL 6-7	<input type="checkbox"/> 2-3 BHS Full <input type="checkbox"/> Cartwheel Full <input type="checkbox"/> RO Full 1-2 BHS Full <input type="checkbox"/> RO Whip Full	<input type="checkbox"/> BHS Full <input type="checkbox"/> Arabian SO RO BHS Full <input type="checkbox"/> 1 1/2 SO RO BHS Full <input type="checkbox"/> RO BHS Double	<input type="checkbox"/> Standing Full <input type="checkbox"/> 2-3 BHS Double <input type="checkbox"/> Running Specialty to Double <input type="checkbox"/> RO Whip Double	<input type="checkbox"/> Jump Full <input type="checkbox"/> 1-2 BHS Whip Double <input type="checkbox"/> Standing Specialty to Whip Double <input type="checkbox"/> Running Specialty to Whip Double

CHEER ATHLETE EVALUATION FORM