

NAME: _____ D.O.B _____ AGE (as of August 31, 2017) _____



Pittsburgh Pride All Stars Skill Level Form

If your child is placed on two teams, this is what we feel is best. If you do not accept both teams you must accept the lower level team.

Is your Athlete Permitted to Crossover if Invited?

___ yes ___ no

Stunt Skills: Circle your stunt position and level you have experience with.

None
Flyer 1 2 3 4 5
Base 1 2 3 4 5
Back spot 1 2 3 4 5

Level 1

- ___ forward roll
- ___ standing back bend kick over
- ___ back walkover
- ___ front walkover
- ___ cartwheel
- ___ round off
- ___ back extension roll
- ___ front walkover round off double back walkover

Level 2

- ___ standing back handspring
- ___ T-jump back handspring
- ___ back walkover back handspring
- ___ round off series of back handsprings
- ___ front walkover round off back handspring
- ___ round off back handspring step out round of back handspring

Level 3

- ___ multiple jump combo to series of back handsprings
- ___ punch front
- ___ standing series of back handsprings
- ___ round off back tuck
- ___ round off back handspring back tuck
- ___ punch front forward roll round off back handspring back tuck

Level 4

- ___ standing back tuck
- ___ multiple jumps to back handspring back tuck
- ___ standing one handspring to layout/back tuck
- ___ back handspring tuck to two back handsprings layout/tuck
- ___ round off back handspring layout
- ___ Punch front step out to back handspring layout
- ___ Round off whip to back handspring layout

Level 5

- ___ standing two back handsprings to full
- ___ standing one back handspring to full
- ___ multiple jump combo to back tuck
- ___ round off back handspring full
- ___ round off back handspring double
- ___ round off Arabian to round off back handspring full/double
- ___ front punch step out to round off back handspring full/double
- ___ round off whip back hand spring full/double

Cheerleader's Picture Here