



# 2019 Team Selections Evaluation Form

**Athlete's Name:** \_\_\_\_\_

**#** \_\_\_\_\_

**Athlete's Age as of August 31<sup>st</sup>, 2019:** \_\_\_\_\_

Jumps	Height	Technique			Body Positions	Technique		
	Below Level, Level, Above Level	Below Avg	Avg	Above Avg		Below Avg	Avg	Above Avg
Right Leg Hurdler					Opposite Heelstretch			
Left Leg Hurdler					Heelstretch			
Pike					Bow & Arrow			
Double Toe Touch					Scorpion			
<b>Comments:</b>					Scale			
					Arabesque			

## LEVEL 1

Level 1 Tumbling	Technique			Comments:
	Below Avg	Avg	Above Avg	
Forward Roll				
Backward Roll				
Cartwheel				
Back Walkover				
Front Walkover				
Roundoff				
<b>(Other Level 1 Tumbling Skills)</b>				
Back Walkover Series				
Cartwheel Back Walkover Series				

Level 1 Stunts	Technique			Comments:
	Below Avg	Avg	Above Avg	
<b>Position:</b>   Top Girl   Base   Back Base				
Prep (Elevator)				
Single Leg Knee Stunts				
Single Leg Belly Stunts				

## LEVEL 2

Level 2 Tumbling	Technique			Comments:
	Below Avg	Avg	Above Avg	
Standing Back Handspring				
Back Walkover Back Handspring				
Round Off Back Handspring				
FWO RO BHS / RO 2 BHS				
<b>(Other Level 2 Tumbling Skills)</b>				
Standing Combination Pass				
Front Handspring				

Level 2 Stunts	Technique			Comments:
	Below Avg	Avg	Above Avg	
<b>Position:</b>   Top Girl   Base   Back Base				
Prep Level Tic Toc				
Extension				
Cradle Dismount				



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	Below Level, Level, Above Level	Below Avg	Avg	Above Avg		Below Avg	Avg	Above Avg
Right Leg Hurdler					Opposite Heelstretch			
Left Leg Hurdler					Heelstretch			
Pike					Bow & Arrow			
Double Toe Touch					Scorpion			
<b>Comments:</b>					Scale			
					Arabesque			

## LEVEL 3

Level 3 Tumbling	Technique			Comments:
	Below Avg	Avg	Above Avg	
Standing 3 Back Handsprings				
Toe Touch 2 Back Handsprings				
Round Off Back Handspring Tuck				
<b>(Other Level 3 Tumbling Skills)</b>				
Punch Front / Aerial				
Running Combination Pass to Tuck				
Standing Combination Pass to RO (BHS) Tuck				

Level 3 Stunts	Technique			Comments:
	Below Avg	Avg	Above Avg	
<b>Position:</b>   Top Girl   Base   Back Base				
Switch Up to Prep Level 1-Leg Body Position				
Extended 1- Leg Stunt with Body Position				
Full Up to Prep				
Full Twist Cradle from Prep / Extension				

## LEVEL 4

Level 4 Tumbling	Technique			Comments:
	Below Avg	Avg	Above Avg	
Standing Tuck				
Standing Back Handspring Tuck				
Standing 2 Back Handsprings to Tuck				
Round Off Back Handspring Layout				
<b>(Other Level 4 Tumbling Skills)</b>				
Running Combination Pass to Layout				
Other L4 Standing Tumbling				

Level 4 Stunts	Technique			Comments:
	Below Avg	Avg	Above Avg	
<b>Position:</b>   Top Girl   Base   Back Base				
Switch Up to Extended 1-Leg Body Position				
Full Twist Cradle from 1-Leg Body Position				
Full Up Extension				



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Jumps	Height	Technique			Body Positions	Technique		
	Below Level, Level, Above Level	Below Avg	Avg	Above Avg		Below Avg	Avg	Above Avg
Right Leg Hurdler					Opposite Heelstretch			
Left Leg Hurdler					Heelstretch			
Pike					Bow & Arrow			
Double Toe Touch					Scorpion			
<b>Comments:</b>					Scale			
					Arabesque			

## LEVEL 5

Level 5 Tumbling	Technique			Comments:
	Below Avg	Avg	Above Avg	
Toe Touch Tuck				
Standing 2 BHS to Layout				
Running Pass to Full				
<b>(Other Level 5 Tumbling Skills)</b>				
Running Specialty Pass to Full				

Level 5 Stunts	Technique			Comments:
	Below Avg	Avg	Above Avg	
<b>Position:</b> Top Girl    Base    Back Base				
Tic-Toc to Extended 1-Leg Body Position				
Double Down from Ext'd 1-Leg Body Position				
1 1/2 Up To Extended Stunt				
Full Up to Immediate Extended Body Position				

## LEVEL 6

Level 6 Tumbling	Technique			Comments:
	Below Avg	Avg	Above Avg	
Toe Touch Tuck / Full				
Standing 2 BHS to Full / Double				
Running Pass to Full / Double				
<b>(Other Level 6 Tumbling Skills)</b>				
Running Specialty Pass to Full / Double				

Level 6 Stunts	Technique			Comments:
	Below Avg	Avg	Above Avg	
<b>Position:</b> Top Girl    Base    Back Base				
High-to-High Body Position to Body Position TicToc				
Double Down from Ext'd 1-Leg Body Position				
1 1/2 Up To Immediate Extended Body Position				
Full-Twisting SwitchUp to Immediate Body Position				