

All Star Evaluation Form

Please circle the evaluation day you have registered

for:
 May 19 20

Athlete Name

Age

____/____/_____
Date of Birth

 Parent Phone #

 Gym/Program in 2022-23

 Team & Level in 2022-23

 # of Years in All Star

1. _____ 2. _____ 3. _____
 Team/Level/Division goal for the 2023-24 Season ***

Other requests (long distance ride share, 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 be a flyer, 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 ___FLYER ___BACK ___FRONT

What is the HIGHEST level of stunts you have competed? (mark one) ___1 ___2 ___3 ___4 ___5/6
 Are you interested in, if selected, to be a crossover for an additional cost? _____YES _____NO

Please put a check mark **ON THE LINES ONLY** you can currently compete safely, consistently, with good technique, and **WITHOUT A SPOTTER**.

	BEGINNER	INTERMEDIATE	ADVANCED	ELITE
LEVEL 1	___ Forward Roll ___ Backward Roll ___ Bridge Kick Over ___ Cartwheel	___ Handstand Forward Roll ___ Back Walkover (BWO) ___ Front Walkover (FWO) ___ Round Off (RO)	___ BHO Switch ___ 3 BWO ___ 3 FWO ___ Valdez	___ FWO CW BWO Switch ___ Back Extension Roll ___ Valdez BWO Switch ___ *BHS & RO BHS
LEVEL 2	___ BHS & BHS Step Out (SO) ___ RO BHS/RO BHS SO ___ RO 2 BHS ___ Dive Roll	___ BWO BHS ___ RO 3 BHS ___ RO BHS SO BHS ___ Front Handspring (FHS)	___ Valdez BHS ___ RO BHS 1/2 RO BHS ___ FWO RO 3 BHS ___ Flyspring	___ Back Extension Roll BHS ___ BHS SO BWO BHS ___ FHS Flyspring SO RO BHS ___ *RO BT & 2 BHS
LEVEL 3	___ RO BT ___ RO BHS BT ___ Jump BHS ___ 2 BHS	___ FWO RO BHS BT ___ RO 2 BHS BT ___ BHS Jump BHS ___ 3 BHS	___ Aerial ___ Flyspring RO BHS BT ___ Jump BHS Jump BHS ___ Front Tuck (FT)	___ Aerial (Pause) RO BHS BT ___ FT (Pause) RO BHS BT ___ FWO RO BHS SO RO BHS BT ___ *RO BHS LO & 2 BHS BT
LEVEL 4	___ 2 BHS BT ___ Cartwheel BT ___ Standing BT ___ RO BHS LO	___ BHS BT ___ FWO RO BHS LO ___ RO BT 1-2 BHS LO ___ RO Whip 1-2 BHS BT	___ Jump BHS ___ FT SO RO BHS LO ___ RO Whip 1-2 BHS LO ___ RO Whip BT	___ Aerial BT ___ FHS FT SO RO BHS LO ___ RO WHIP LO ___ *RO BHS Full & 2-3 BHS LO
LEVEL 5	___ Jump BT ___ 2-3 BHS LO ___ RO Full ___ RO BHS Full	___ BHS LO ___ BHS BT 1-2 BHS LO ___ FWO RO BHS Full ___ RO 2-3 BHS Full	___ Jump BHS LO ___ BHS Whip BHS LO ___ BT 1-2 BHS LO ___ FT SO RO BHS Full	___ 1-2 BHS Whip LO ___ RO Whip 1-2 NHS Full ___ FHS FT SO RO BHS Full ___ RO Arabian RO BHS Full