



SILVER JAX ALL-STAR EVALUATION SHEET

ATHLETES NAME _____

AGE _____

DATE OF BIRTH ____/____/____

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

TUMBLING

BEGINNER	INTERMEDIATE	ADVANCED
LEVEL 1 <ul style="list-style-type: none"><input type="checkbox"/> Forward Roll<input type="checkbox"/> Backward Roll<input type="checkbox"/> Cartwheel<input type="checkbox"/> Round Off	<ul style="list-style-type: none"><input type="checkbox"/> Jumps to Forward Roll<input type="checkbox"/> Jumps to Backward Roll<input type="checkbox"/> Bridge Kick Over<input type="checkbox"/> Back Walkover	<ul style="list-style-type: none"><input type="checkbox"/> Front Walkover<input type="checkbox"/> Back Walkover Series<input type="checkbox"/> Specialty Series
LEVEL 2 <ul style="list-style-type: none"><input type="checkbox"/> Standing BHS<input type="checkbox"/> Jumps pause BHS<input type="checkbox"/> Round Off BHS<input type="checkbox"/> Front Handspring	<ul style="list-style-type: none"><input type="checkbox"/> BHS pause BHS<input type="checkbox"/> BWO BHS<input type="checkbox"/> RO BHS Series<input type="checkbox"/> Front Bounder	<ul style="list-style-type: none"><input type="checkbox"/> FWO RO BHS Series<input type="checkbox"/> Specialty Series<input type="checkbox"/> Front Bounder Step Out<input type="checkbox"/> FHS Front Bounder
LEVEL 3 <ul style="list-style-type: none"><input type="checkbox"/> Standing 2 BHS<input type="checkbox"/> Jumps to BHS<input type="checkbox"/> RO Tuck<input type="checkbox"/> RO BHS Tuck	<ul style="list-style-type: none"><input type="checkbox"/> Standing 3 BHS<input type="checkbox"/> 3 Jumps to 2 BHS<input type="checkbox"/> FWO RO BHS Tuck<input type="checkbox"/> Punch Front	<ul style="list-style-type: none"><input type="checkbox"/> Jump BHS Jump BHS<input type="checkbox"/> Jump BHS Step Out RO BHS Tuck<input type="checkbox"/> FWO RO BHS Step Out RO BHS Tuck<input type="checkbox"/> Punch Front Pause RO BHS Tuck
LEVEL 4 <ul style="list-style-type: none"><input type="checkbox"/> Standing Tuck<input type="checkbox"/> Standing BHS Tuck<input type="checkbox"/> Jump to BHS Tuck<input type="checkbox"/> RO BHS Layout	<ul style="list-style-type: none"><input type="checkbox"/> 3 Jumps to BHS Tuck<input type="checkbox"/> 3 Jumps pause Tuck<input type="checkbox"/> FWO RO BHS Layout	<ul style="list-style-type: none"><input type="checkbox"/> Punch Front RO BHS Layout<input type="checkbox"/> RO Whip BHS Layout<input type="checkbox"/> RO Whip Punch Layout
LEVEL 5 <ul style="list-style-type: none"><input type="checkbox"/> Jumps to Tuck<input type="checkbox"/> RO BHS Full<input type="checkbox"/> FWO RO BHS Full	<ul style="list-style-type: none"><input type="checkbox"/> Standing BHS Layout<input type="checkbox"/> RO Whip 2 BHS Full	<ul style="list-style-type: none"><input type="checkbox"/> Jumps to BHS Layout<input type="checkbox"/> BHS Whip BHS Layout



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JUMPS

(Jumps must start feet together and land feet together)

	PIKE	R-F-H	L-F-H	TOE TOUCH	3 JUMPS COMBO
BEGINNER	LOW	LOW	LOW	LOW	LOW
INTERMEDIATE	PARREL	PARREL	PARREL	PARREL	PARREL
ADVANCED	OVER EXTENSION	OVER EXTENSION	OVER EXTENSION	OVER EXTENSION	OVER EXTENSION

DANCE

BEGINNER		Basic knowledge of the dance, slow movements, and not much facial expression
INTERMEDIATE		Average knowledge of the dance, average movements, and smile.
ADVANCED		Master knowledge of the dance, fast movements, and Awesome body language.

STUNTS

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

☐ MAIN

☐ SIDE

☐ BACK

☐ FLYER

FLYERS ONLY:

☐ W ☐ S R SPLIT ☐ W ☐ S L SPLIT ☐ W ☐ S M SPLIT ☐ W ☐ S BOW

☐ W ☐ S L HEEL ☐ W ☐ S R HEEL ☐ W ☐ S SCALE ☐ W ☐ S SCORPION/NEEDLE

Would you want your athlete to be considered for a crossover position between two teams?

A Crossover is someone who competes on two teams rather than just one all year. (Crossover fees would apply)

☐ YES

☐ NO

If you would like to be on a level below your mastered level - what level would that be and why?

Coach Evaluations Comments and Levels



2020 - 2021 Season Vacation Request Calendar

This is a summer calendar template for the 2020-2021 season. Please circle every date you already know that you have an event/vacation planned for this summer. The earlier we know if an athlete may possibly miss a practice, the better it will be for the team. Not all requests will be granted. * Please Note that Allstar Cheerleading is a TEAM sport! There is no bench. Our expectation for ALL SJ athletes is that they attend all team events.

We need summer dates immediately so we can schedule the Skills Camp and Choreography Camp when the whole team (or majority of the team) can be there. Please note that even if you are unavailable, we may still need to choose that date. We must choose the best dates for each team. Same goes for competition season – we are at the mercy of the Event Producers and need to plan around school calendars.

JUNE						
SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Please give details:

JULY						
SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Please give details:

AUGUST						
SUN	MON	TUES	WED	THUR	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Please give details:

* We want any Cheerleader to experience sideline cheerleading. Football Cheerleading will be excused with prior SJ Coaches approval, Basketball cheer WILL NOT be excused.