\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Name Age on 8/31/2019

|  |  |  |
| --- | --- | --- |
| * Forward Roll
* Backward Roll
* Cartwheel
* Round off
 | * Jumps to Forward Roll
* Jumps to Backward Roll
* Bridge Kick Over
* Back Walkover
 | * Front Walkover
* Back Walkover Series
* Specialty Series
 |
| * Standing BHS
* Jumps Pause BHS
* Round Off BHS
* Front Handspring
 | * BHS pause BHS
* BWO BHS
* RO BHS Series
* Front Bounder
 | * FWO RO BHS Series
* Specialty Series
* Front Bounder Step Out
* FHS Front Bounder
 |
| * Standing 2 BHS
* Jumps To BHS
* RO Tuck
* RO BHS Tuck
 | * Standing 3 BHS
* 3 Jumps To 2 BHS
* FWO RO BHS Tuck
* Punch Front
 | * Jump BHS Jump BHS
* Jump BHS Step Out RO BHS Tuck
* FWO RO BHS Step Out RO BHS Tuck
* Punch Front Pause RO BHS Tuck
 |
| * Standing Tuck
* Standing BHS Tuck
* Jump to BHS Tuck
* RO BHS Layout
 | * 3 Jumps to BHS Tuck
* 3 Jumps Pause Tuck
* FWO RO BHS Layout
 | * Punch Front RO BHS Layout
* RO Whip BHS Layout
* RO Whip Punch Layout
 |
| * Jumps to Tuck
* RO BHS Full
* FWO RO BHS Full
 | * Standing BHS Layout
* RO Whip 2 BHS Full
 | * Jumps to BHS Layout
* BHS Whip BHS Layout
 |
| * 3 BHS Full
* 2 BHS Full
* Jump 2 BHS Full
* CW Full
 | * Standing BHS Full
* Standing Full
* Arabian to Full
* RO BHS Double Full
 | * Jump to Standing Full
* BHS Series to Double Full
* Standing Specialty to Double Full
* Running Specialty to Double Full
 |

 Beginner Intermediate Advanced

Level 6/7 Level 5 Level 4 Level 3 Level 2 Level 1

STAFF ONLY

|  |  |
| --- | --- |
| DAY 1: DATE\_\_\_\_\_\_\_\_\_\_ | DAY 2: DATE\_\_\_\_\_\_\_\_\_\_ |
| PK\_\_\_\_\_\_\_\_ FH\_\_\_\_\_\_\_\_ TT\_\_\_\_\_\_\_\_ 3 Jumps\_\_\_\_\_\_\_\_Stunt Position\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Team/Level\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | PK\_\_\_\_\_\_\_\_ FH\_\_\_\_\_\_\_\_ TT\_\_\_\_\_\_\_\_ 3 Jumps\_\_\_\_\_\_\_\_Stunt Position\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Team/Level\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**5 STAR EVALUATION FORM**