

CHILDS NAME

CHEER 1 EVALUATION SHEET

Must complete 100% of skills tested to Move Up to the next level

Floor:

- Forward Roll
- Backward Roll
- Back Bend (5 sec)
- Cartwheel
- Handstand

Jumps:

- Tuck
- Toe Touch
- Proper motions

shaping:

- Knows body positions (5 sec)

Something Great about Me:

Something for me to work on:

Coach's Name:

Ready to move up * or Staying in current level

Evaluation Key: = Completed = Partially Complete

* If your child is ready to move up please go onto the Parent Portal on our website to request a class in their new level.
Please contact us if you have trouble changing classes.



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