



# SPRING EVALUATIONS 2010 - 2011

**Head Coach Use Only**  
Team Placement for 2010 - 2011:

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### Age Grid

Age as of  
August 31<sup>st</sup> 2010

- Tiny – 5 yrs & Younger
- Mini – 5 – 8 yrs
- Youth – 9 – 11 yrs
- Junior – 12 – 14 yrs
- Senior – 15 – 18 yrs
- Open – 18 yrs & Older

### USASF Levels

We will be using the following levels as a guideline. These levels are the same used in competition.

#### LEVEL ONE

- Tumbling skills** - front roll, cartwheel, front and back walkover
- Jumps** - toes touch jump
- Stunts skills** - thigh stand, double base
- Dance/Motions** - fundamental grasp of timing/ rhythm

#### LEVEL TWO

- Tumbling skills** - back walkover, back handspring, round off back handspring
- Jumps** - working on connected jumps
- Stunts skills** - double base cradles, extensions, torch-level stretch, arabesque, over-stretch etc.
- Dance/Motions** - grasp of timing and rhythm

#### LEVEL THREE

- Tumbling skills** - 2 X back handspring, round off back handspring X 2, and series to tucks
- Jumps** - jump handspring combinations
- Stunts skills** - liberty stretch, arabesque, overstretch etc, full twist dismounts from two feet
- Dance/Motions** - good grasp of timing and rhythm

#### LEVEL FOUR

- Tumbling Skills** - standing tucks, tumbling series to layouts
- Jumps** - jump handspring tucks combo
- Stunts skills** - liberty stretch, over-stretch etc. with full twist dismounts, double twisting dismounts from two feet
- Dance/Motions** - superior grasp of timing and rhythm

#### LEVEL FIVE AND SIX

- Tumbling skills** - standing tucks, round-off series to full twisting layouts and doubles
- Jumps** - jump tuck combo
- Stunts skills** - liberty stretch, over stretch, with double full twist dismounts
- Dance/Motions** - superior grasp of timing and rhythm

Name: \_\_\_\_\_

Try Out Number (Office Use Only): \_\_\_\_\_

Age as of August 31<sup>st</sup> 2010: \_\_\_\_\_

Date of Birth (Month/Day/Year): \_\_\_\_\_

Email (Please Print Clearly):  
\_\_\_\_\_

Phone  
Home: \_\_\_\_\_ Cell: \_\_\_\_\_

What team were you on for the 2009 – 2010 season? \_\_\_\_\_

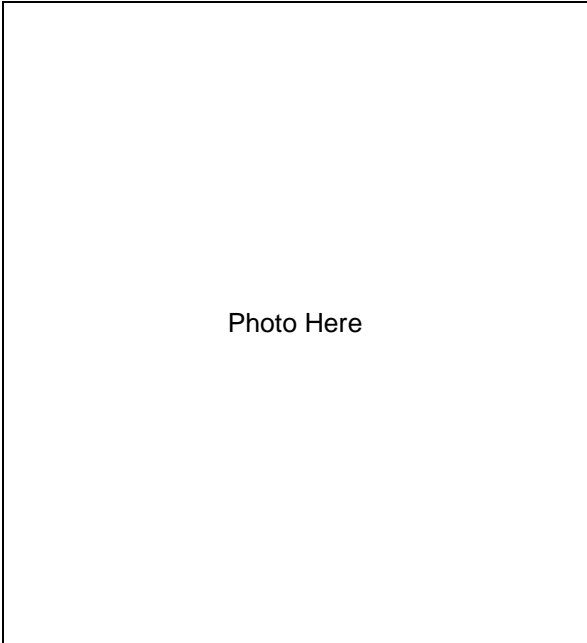
### Try Out Evaluation and Team Placing of Athlete

The coaches will evaluate and determine your skill level using the USASF levels (on the left) as a guideline. All of the competitions we attend follow USASF rules and levels, some competitions will modify certain rules. Levels are not meant to be hierarchical, but to have athletes of the same skill level train together. Some athletes may stay at one level for years – this does not mean that they are not progressing. We respect that each athlete learns at their own pace, rushing an athlete beyond their skill level can often result in a negative experience, or injury. Athletes usually demonstrate skills at various levels – **we will place athletes on the team based on their age and maturity, as well as where the majority of the skills lay.** Our goal is to put together the most competitive teams with athletes of similar skill level, so they can progress together and be successful.

If you have any questions regarding the levels or the placing of you or your athlete please see Adrianna.

I understand the try out process and how athletes are placed on their respective teams.

\_\_\_\_\_  
Athlete's Initials                      Parent's Initials                      Date



### Head Coach Use Only

<b>TUMBLING</b>				
Standing				
Running				
Jump - Tumbling				
<b>JUMPS</b>				
Toe Touch	Right Herkie	Left Herkie	Pike	Double Toe Touch
<b>MOTIONS &amp; DANCE</b>				

Previous Year Comments