



Comp Cheer Basics and Performance Team- Skills Tracker

Athlete Name: _____

Stunting/Misc	Score	Tumbling	Score	Jumps	Score
Seat Roll Right		Correct Body Shaping (Hollow, arch, etc.)		General Motions (High V, T, Daggers, Clasp, Clap)	
Seat Roll Left		Forward Roll		Arm Motions for jumps (8 count)	
Bug Stunting		Backwards Roll		Straight/T jump	
Thigh Stands		Bridge		Tuck jump	
Waist Level 2 legs		Cartwheel Rt Leg		Toe Touch	
Waist Level 1 leg		Cartwheel Lt Leg			
Shoulder Sits					
Prep					

*Skills Tracker will be used when moving athletes between levels. Athletes must master skills in Comp Cheer Basics before they can move to Stunting 1 and Tumbling 1. Skills tracker will be considered when athletes are trying out for the Competitive Novice and Elementary teams.

Scores

3-Mastered

2-Needs Assistance

1-Needs Full Support

Assessment Date _____

Next Class Level _____

Coach Signature _____