



Level 1 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		Pike	
Preps		Handstand			
Shoulder Sit		Roundoff			
Smoosh		Bridge Kickover			
Braced Extensions		Back Bend			
Extended Braced Pyramid					
half ups					
show and go					
Prep Lib					

*Skills Tracker will be used when moving athletes between levels. Athletes must master skills in Stunting 1 and Tumbling 1 before they can move to Stunting 2 and Tumbling 2. Stunting and Tumbling level 1 skills are assessed above in red. Athletes must successfully master Level 1 Stunts and Tumbling in order to be considered for the Elementary Competition Team.

Scores

3-Mastered

2-Needs Assistance

1-Needs Full Support

Assessment Date _____

Next Class Level _____

Coach Signature _____