



Level 3 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 | | 2 jump sequence | |
| Shoulder Sit | | Roundoff | | 3 jump sequence | |
| Smooch | | Bridge Kickover | | | |
| Braced Extensions | | Back Bend | | | |
| Extended Braced Pyramid | | Back Walkover | | | |
| half ups | | Back Extension Roll | | | |
| show and go | | Handstand Blocks | | | |
| Prep 1 leg body positions | | Front limber | | | |
| J-down | | Front Walkover | | | |
| Cradles | | Standing Back Handsprings | | | |
| Braced Extended Libs | | Roundoff Back Handsprings | | | |
| Braced Inversion Pyramids | | Roundoff Back Tucks | | | |
| Extensions | | Standing Backtucks | | | |
| J-ups | | Roundoff Back Handspring Back Tuck | | | |
| Single Foot Extended Stunts | | Roundoff Backhandspring Layout | | | |
| Full up (Variation to prep/extended) | | | | | |
| Inversions | | | | | |
| Cork down | | | | | |
| Prones | | | | | |
| Pop off | | | | | |

*Skills Tracker will be used when moving athletes between levels. Athletes must master skills in level 1 reflected in red before moving to level 2 reflected in yellow, before moving to level 3 reflected in green. This allows athletes and families to see where they are at and what they need to work on. Athletes must master all Level 1 and 2 stunting skills as well as be working on Backhandsprings before being considered for our Junior Varsity Competitive Team.

Scores

- 3-Mastered
- 2-Needs Assistance
- 1-Needs Full Support

Assessment Date _____

Next Class Level _____

Coach Signature _____