

Elite Heat All Stars

Half Year Team Placement 2022



Athlete Name: _____

Age as of Dec 31, 2022: _____ Birthdate: _____

Grade 2022-23: _____ Interested in Crossing? YES NO

Cheer Experience:

Years Cheered	Highest Level	Program(s)	Stunt Position

Practice Schedule Options: please mark any times that present a major conflict:

Sunday 11:00-12:30pm Tuesday 7:00-8:30pm Saturday 10:00-11:30am
 Sunday 5:30-7:00pm Wednesday 7:30-9:00pm Saturday 11:30-1:00pm
 Friday 5:30-7:00pm Saturday 1:00-2:30pm

DO NOT WRITE BELOW THIS LINE

Tumbling

Level 1	Tech Score				
Cartwheel	1	2	3	4	5
Back Walkover	1	2	3	4	5
Front Walkover	1	2	3	4	5
Running Pass	1	2	3	4	5
Level 2	Tech Score				
Back Handspring	1	2	3	4	5
BWO BHS	1	2	3	4	5
Roundoff BHS	1	2	3	4	5
L2 Specialty Pass	1	2	3	4	5
Level 3	Tech Score				
Jump BHS	1	2	3	4	5
Series BHS	1	2	3	4	5
Punch Front	1	2	3	4	5
RO BHS Tuck	1	2	3	4	5

Jumps/Dance

Jumps	1	2	3	4	5
Dance	1	2	3	4	5

Fitness Test

Exercise	Reps/Time	Score
Candlestick Tuck		
Squat Thrusters		
Pacer Test		
Left Split		
Right Split		
Center Split		
Bridge		
Mile Time		

Flyer Body Positions (Flyers ONLY)

Right Heel Stretch	1	2	3	4	5
Left Heel Stretch	1	2	3	4	5
Over stretch	1	2	3	4	5
Scorpion	1	2	3	4	5

Overall Score

Dance/Jump	Tumbling*	Fitness Test
/10	/60	/100

*Tumbling score = Tech Score x Level Performed

NOTES: