

# Elite Heat All Stars

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

T-shirt Size \_\_\_\_\_ Youth/Adult  
(circle one) **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
Level 4	Tech Score				
Standing Tuck	1	2	3	4	5
Standing HS Tuck	1	2	3	4	5
RO HS Layout	1	2	3	4	5
L4 Specialty Pass	1	2	3	4	5
Level 5	Tech Score				
Toe Back	1	2	3	4	5
HS Layout/Full	1	2	3	4	5
RO HS Full	1	2	3	4	5
L5 Specialty Pass	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

\*Tumbling score = Tech Score x Level Performed

NOTES: