

ELITE HEAT ALL STARS



Team Placement 2024

Athlete Name: _____ Birth Year: _____

Birthdate: _____ Grade 2024-25: _____

Are you interested in trying out for the Gold Program? YES NO

Are you interested in being a Crossover? YES NO

Cheer Experience:

Years Cheered	Highest Level	Program(s)	Stunt Position

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 5/6	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
L5/6 Specialty Pass	1	2	3	4	5

Jumps

Toe Touch	1	2	3	4	5	6	7	8	9	10
Hurdler	1	2	3	4	5	6	7	8	9	10

Flexibility

Right Split	1	2	3	4
Left Split	1	2	3	4
Center Split	1	2	3	4
Bridge	1	2	3	4
Pike Sit	1	2	3	4

Fitness Evaluation

	Total	Weight
Candlestick Tuck		
Squat Thrusters		

Mile Time

Dance

Performance	1	2	3	4	5	6	7	8	9	10
Motions	1	2	3	4	5	6	7	8	9	10

NOTES:

PERFORMANCE BENCHMARKS

In order to be eligible for the Black and Gold Programs, athletes must perform each of the following at the standard listed. **The members selected for the Gold program will be chosen based on EFFORT over skill**, so athletes who demonstrate strong work ethic may qualify for an exception.

SKILL	BLACK LEVEL	GOLD LEVEL
1 Mile Run	12-minutes	10-minutes
Squat Thrusts <i>(age/level appropriate weight)</i>	25 in 1 minute	30 in 1 minute
Candlestick Tuck Jumps	12 in 1-minute	15 in 1-minute
Flexibility <i>(Left, Right, Center Splits, Bridge, Pike Sit)</i>	14/20 Flex Score	16/20 Flex score
Jumps <i>(Double Toe, Front Hurdler)</i>	14/20 Jump Score	16/20 Jump Score
Tumbling <i>(2 Standing Skills, Jump, and 1 Running Skill to Counts)</i>	14/20 Tumble Routine Score	16/20 Tumble Routine Score
Performance <i>(Dance will be taught at placements)</i>	14/20 Dance & Motions Score	16/20 Dance & Motions Score