

Athlete Number: _____

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

Are you interested in joining a Training Team? YES NO

Please list any dates (July 7, 2024 – April 20, 2025) that you have any major conflicts or travel plans:

DO NOT WRITE BELOW THIS LINE

SKILL	RED LEVEL	BLACK LEVEL	GOLD LEVEL
1 Mile Run			
Squat Thrusts			
Candlestick Tuck Jumps			
Flexibility			
Jumps			
Tumbling			
Performance			

Comments:

Athlete Number: _____ Athlete Birthdate: _____

FITNESS EVALUATION

Mile Time	Candlestick Tuck Ups	Squat Thrusts	
		Weight	TOTAL

FLEX

Right Split	Left Split	Center Split	Bridge	Pike Sit	TOTAL
_____ 4	_____ 4	_____ 4	_____ 4	_____ 4	_____ 20

DANCE

Execution	Showmanship	TOTAL
_____ 10	_____ 10	_____ 20

1 – Poor 2 – Below Average 3 – Average 4 – Above Average 5 – Excellent

JUMPS

Toe Touch or Double Toe	TOTAL	Front Hurdler	TOTAL
_____ Height/Flex _____ Approach/Arms/Landing	_____/10	_____ Height/Flex _____ Approach/Arms/Landing	_____/10

TUMBLING

Beginner	Intermediate	Elite
LEVEL 1		
_____ Forward Roll _____ Cartwheel _____ Backbend Kickover	_____ Back Walkover _____ Front Walkover _____ Roundoff	_____ Switch Leg BWO _____ Valdez _____ FWO CW BWO
LEVEL 2		
_____ Back Handspring _____ BHS Stepout _____ Roundoff BHS	_____ BWO BHS _____ BHS Stepout BWO _____ Front Handspring	_____ Switch Leg BWO BHS _____ Flyspring _____ RO Series BHS
LEVEL 3		
_____ BHS BHS _____ Jump BHS _____ Aerial	_____ BWO BHS BHS _____ Punch Front _____ Roundoff HS Tuck	_____ BHS Stepout BHS BHS _____ FWO RO BHS Tuck _____ FWO Aerial
LEVEL 4		
_____ Standing Tuck _____ Cartwheel Tuck _____ RO HS Layout	_____ BHS BHS Tuck _____ BWO Tuck _____ FWO RO HS Layout	_____ BHS Tuck _____ Whip to Layout _____ Front Thru to Layout
LEVEL 5		
	_____ Toe Back _____ HS HS Layout _____ RO HS Full	_____ HS Layout _____ RO HS Full _____ Specialty to Full

