



NEW JERSEY PREMIER ALL STARS

SEASON 14 ⚡

EVALUATION SKILL REQUIREMENTS

MUST HAVE 2 SKILLS IN THE STANDING TUMBLING CATEGORY & 2 SKILLS IN THE RUNNING TUMBLING CATEGORY TO ATTEND THAT LEVEL EVALUATION – NO EXCEPTIONS!

NON-TUMBLE / NOVICE / EXPO / PREP

NO SKILL REQUIREMENTS

Forward Roll

Backward Roll

Cartwheel

Round Off

Handstand

Handstand Roll

Backbend Kick Over

LEVEL 1

STANDING TUMBLING

Back Walkover – Back Walkover (BWO)

Front Walkover (FWO)

Switch Leg Back Walkover

Valdez

RUNNING TUMBLING

Cartwheel BWO – BWO

FWO – Cartwheel – BWO – BWO

FWO – CW – BWO – BWO Switch Leg

LEVEL 2

STANDING TUMBLING

BWO Switch Leg – BHS

BHS Step Out – BWO – BHS

Valdez – BHS

RUNNING TUMBLING

Cartwheel BHS – BHS

Round Off BHS – BHS

FWO – R/O – BHS – BHS



www.njpremierallstars.com



732-970-5555



165 Amboy Road Morganville, NJ 07751



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LEVEL 3

STANDING TUMBLING

BHS Step Out – BHS– BHS

BHS Step Out – BWO – BHS – BHS

BHS – BHS – BHS

RUNNING TUMBLING

RO BHS Tuck

FWO RO BHS Tuck

FWO – Aerial

LEVEL 4

STANDING TUMBLING

BHS Step Out – Tuck

BHS – BHS – Tuck

Toe Touch – BHS – BHS – Tuck

RUNNING TUMBLING

RO BHS Layout

FWO RO BHS Layout

RO – Whip – Layout

LEVEL 5

STANDING TUMBLING

BHS – BHS Layout

BHS Layout

BHS – Whip – Tuck

RUNNING TUMBLING

RO BHS Full

FWO RO BHS Full

RO to Whip to Full





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LEVEL 6

STANDING TUMBLING

BHS – BHS – Full

BHS Full

Toe Touch – BHS– BHS– Full

Standing Full

RUNNING TUMBLING

Whip to Full

PF Step Out to Full

RO BHS to Double Full

Specialty to Double Full

FLYER REQUIREMENTS

Excellent flexibility in our flyers is required.

Consistent body control and balance must be demonstrated. Flyers need to perform in the air and have previous flying experience. We will be taking into consideration the flyer's age/size in comparison to the bases on the team as well.

BODY POSITIONS

Heel Stretch on Both Legs

Front Stretch on Both Legs

Hyperextended Arabesques

Scale with Straight Leg

BONUS * Needle & Bow and Arrow

ADDITIONAL NOTES

ALL SKILLS SHOULD BE EXECUTED CONFIDENTLY AND WITH PERFECT TECHNIQUE.

IN ADDITION, PERFORMANCE SKILLS ARE REQUIRED OF ALL ATHLETES.

ATHLETES WILL BE EVALUATED ON TUMBLING, JUMPS, PERFORMANCE, PREVIOUS YEARS TEAM PERFORMANCE AND STUNTING SKILLS.

