

# Rise Academy of Arts

## Assessment Sheets



Student Name: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Assessment: \_\_\_\_\_ Coach: \_\_\_\_\_

**Class Placement:**

Class: \_\_\_\_\_

Day of Week: \_\_\_\_\_ Time: \_\_\_\_\_

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\*Athletes will continue to work on lower level skills.

\*Athletes can ONLY move levels upon evaluation from coaches (This is done in class)

★ **Star Dust (Ages 1-2)**

★ **Little Stars (Ages 2-3)**

★ **Big Stars (Ages 3-4)** ★ **Big Stars (Ages 5-6)**

★ **Little Dippers (Beginner)**

- ☆ Forward Roll Tuck
- ☆ Forward Straddle Roll
- ☆ Backward Roll Tuck
- ☆ Cartwheel
- ☆ Donkey Kicks
- ☆ L-Handstand
- ☆ Table Top
- ☆ Bridge

★ **Big Dippers (Beginner)**

- ☆ Forward Roll Tuck Step-Out
- ☆ Backward Roll Pike
- ☆ Backward Straddle Roll
- ☆ Cartwheel Step-In
- ☆ Handstand
- ☆ Handstand Forward Roll

★ **Shooting Stars (Intermediate)**

- ☆ Bridge (Legs Together)
- ☆ Bridge Kick-Over
- ☆ Backbend
- ☆ Power-Hurdle
- ☆ Power-Hurdle Cartwheel Step-In

★ **Meteors (Intermediate)**

- ☆ Round Off
- ☆ Round Off Rebound
- ☆ Power-Hurdle Round Off
- ☆ Running Round Off
- ☆ Backbend Kick-Over
- ☆ Back Extension Roll

★ **Asteroids (Intermediate)**

- ☆ Handstand Forward Roll Step-Out
- ☆ Backbend Kick-Over
- ☆ Back Walkover
- ☆ Back Extension Roll Pike Down
- ☆ Standing Back Handspring
- ☆ Handstand Hops

★ **Gamma-Rays (Advanced)**

- ☆ Handstand Pirouettes
- ☆ Power Hurdle Back Handspring
- ☆ Running Back Handspring
- ☆ Tic-Toks
- ☆ Raised Tuck
- ☆ Standing Tuck

★ **Galaxies (Advanced)**

- ☆ Handstand Walks
- ☆ Power-Hurdle Round Off Tuck
- ☆ Running Round Off Tuck
- ☆ Multi-Back Handsprings
- ☆ Power-Hurdle Round Off Pike
- ☆ Running Round Off Pike
- ☆ (High Level Tumbling: le Twists etc.)



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## FORWARD TUMBLING & CHEER TUMBLING CONNECTIONS

\*Athletes MUST have Tumbling experience

\*Skills should meet or exceed Shooting Stars



- ☆ Backward Roll Tuck
- ☆ Backward Roll Pike
- ☆ Backward Straddle
- ☆ Roll
- ☆ Cartwheel
- ☆ Donkey Kicks

- ☆ L-Handstand
- ☆ Table-Top
- ☆ Cartwheel Step-In
- ☆ Bridge Kick-Over
- ☆ Backbend
- ☆ Power-Hurdle



★ **Cosmic-Rays (Skills)**

- ☆ Various Rolls (Forward)
- ☆ Full Bridge (Legs Together)
- ☆ Cartwheel
- ☆ Power-Hurdle Cartwheel Step-In
- ☆ Handstand
- ☆ Handstand Forward Roll
- ☆ Handstand Forward Roll In Various Shapes
- ☆ Limbers

★ **Blazers (Connections)**

- ☆ Front Walkovers (Both Sides)
- ☆ Bounders (Connections-Multiple, to Front Tuck)
- ☆ Front Handsprings (Connections, w/ Bounder, w/ Front Tuck)
- ☆ Front Tuck ( To Stick and Connections)
- ☆ Front Layouts
- ☆ Twisting
- ☆ Multiple Twists



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**TRAMPOLINE & DOUBLE MINI**

**★ Neptune**

- ☆ Straight Jumps
- ☆ Tuck Jumps
- ☆ Straddle Jumps
- ☆ Pike Jumps
- ☆ Seat Drops
- ☆ Back Drops
- ☆ Front Drops
- ☆ Half Twists

**★ Mercury**

- ☆ Mounting Drills
- ☆ Straight Jumps
- ☆ Tuck Jumps
- ☆ Straddle Jumps
- ☆ Pike Jumps
- ☆ Half Turn
- ☆ Full Turn
- ☆ Connection Skills

**★ Saturn**

- ☆ Swivel Hips
- ☆ Back Drop Pull-Over
- ☆ Front Tucks
- ☆ Back Tucks
- ☆ Front Tuck Half Twists
- ☆ Focus on Connections

**★ Mars**

- ☆ Front Tucks
- ☆ Front Pikes
- ☆ Baranis
- ☆ Connection Skills

**★ Jupiter**

- ☆ Barani
- ☆ Ball-Out
- ☆ 3/4 Backs
- ☆ Twists
- ☆ Doubles

**★ Venus**

- ☆ Back Tucks
- ☆ Back Pikes
- ☆ Baranis
- ☆ Twists
- ☆ Doubles
- ☆ Connection Skills

