

## 2018 TVYFL Stunt Qualification Sheet

Team Name \_\_\_\_\_

Athlete Name \_\_\_\_\_ Level \_\_\_\_\_

Approved for all circled stunt positions:

BACK SPOT

BASE

FLYER

|                      | Stunting Skills   | Date Approved | Coach Initials | Cheer Rep Initials |
|----------------------|---|---------------|----------------|--------------------|
| <b>YCADA Level 1</b> | Step, Lock & Tighten Drill  |               |                |                    |
|                      | Double Leg Knee Stand   |               |                |                    |
|                      | Single Leg Knee Stand   |               |                |                    |
|                      | Single Leg Variations (knee)  |               |                |                    |
|                      | Double Leg Thigh Stand  |               |                |                    |
|                      | Single Leg Thigh Stand  |               |                |                    |
|                      | Single Leg Variations (thigh)   |               |                |                    |
|                      | Waist Level Single Leg  |               |                |                    |
|                      | Shoulder Sit  |               |                |                    |
|                      | Extension Prep with Step off the Front Dismount                                   |               |                |                    |
|                      | Extension Prep Cradle Dismount  |               |                |                    |
|                      | Extension Prep Sponge to Extension Prep   |               |                |                    |
|                      | V-Sit prep with cradle dismount   |               |                |                    |
|                      | Swedish Falls   |               |                |                    |
|                      | Flatback  |               |                |                    |
|                      | Half Stacker  |               |                |                    |
|                      | ¼ up to Extension Prep  |               |                |                    |
|                      | ¼ turn Cradle from Extension Prep   |               |                |                    |
| <b>YCADA Level 2</b> | Ground Level Handstand to Upright Load In   |               |                |                    |
|                      | Extension prep-Press to Extension   |               |                |                    |
|                      | Straight up Extension   |               |                |                    |
|                      | Extension with Cradle Dismount  |               |                |                    |
|                      | Prep Level Single Leg   |               |                |                    |
|                      | 180 up to Prep, Ext. Level  |               |                |                    |
|                      | Extension prep Alternate Cradles-Single trick non-twisting (toe touch, pike, etc) |               |                |                    |
|                      | Barrel Roll   |               |                |                    |
|                      | Basket Toss- Straight Ride  |               |                |                    |
| <b>YCADA Level 3</b> | Extended Level-Single Leg   |               |                |                    |
|                      | Extension Prep Full Twist Dismount  |               |                |                    |
|                      | Extension Full Twist Dismount   |               |                |                    |
|                      | Extension Prep Single Leg Full Twist Dismount                                     |               |                |                    |
|                      | 360 (Full up) to Extension Prep Level   |               |                |                    |
|                      | Ground Level Handstand to prep level Forward Suspended Roll                       |               |                |                    |
|                      | Basket Toss-Single Trick NonTwisting (toe touch, pike, etc)                       |               |                |                    |