

# SHINING STARS

ALLSTAR CHEER

## EVALUATION APPLICATION

Name of Athlete: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Birth YEAR: \_\_\_\_\_

Current grade: \_\_\_\_\_

Number of Years in All Star/Cheer: \_\_\_\_\_

Athlete Skills- Please list MOST ADVANCED skills:

Tumbling (Standing and Running)

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What was your part in a stunt: (Base, Back spot or Flyer)

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Flyer Positions:

|           |               |              |
|-----------|---------------|--------------|
| Arabesque | Bow and Arrow | Heel Stretch |
| Liberty   | Scorpion      | Scale        |

Would you be interested in representing more than one team? YES/NO

What is your PREFERRED LEVEL to be on? (Circle Applicable levels)

\*See the SKILLS requirements PER LEVEL\*

Novice

Prep

Level 1

Level 2

## **Code of Conduct**

An athlete/member must always be a strong representative of SSC and a positive reflection of his/her teammates. For athlete/parents' abusive behavior, lying, or any other form of negative behavior are grounds for removal. This includes disrespect to parents, grandparents, and guardians. We will not tolerate negative comments about our staff, teams, and other programs. Many of you communicate via e-mail, Facebook, GroupME, Twitter and Band. Please remember that anything you say is a direct reflection of this organization. NOTE: If you are caught sending rude or inappropriate messages on SOCIAL MEDIA, you will be subject to immediate removal. Teammates are expected to treat one another with mutual respect. We do not tolerate pettiness, gossiping or cliques, which attempt to exclude or alienate certain members. Back talk, rolling of eyes and any other disrespect for instructors or teammates is unacceptable. A problem between a student and staff member will first be addressed between student and coach/director. If not solved, a parent will be notified of the problem or infraction of the rules and will be expected to assist the instructor in solving the problem. We will handle any disciplinary problems privately and professionally

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Athletes Name: \_\_\_\_\_

Athletes Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Athlete Name: \_\_\_\_\_

**ATHLETE: DO NOT FILL THIS OUT! THIS IS TO BE PRINTED and  
COMPLETED BY SSC STAFF ON EVALUATION DAY!**

**Tumbling Evaluation Checklist**  
(Evaluators, please HIGHLIGHT skills that athlete performs PROFICIENTLY)

**Novice Team**

| <b>STANDING</b> | <b>RUNNING</b>           | <b>ADVANCED SKILLS</b> |
|-----------------|--------------------------|------------------------|
| Cartwheels      | Cartwheel (power hurdle) | BRIDGE KICKOVER        |
| Forward Rolls   | Cartwheel series         | BACK WALKOVER          |
| Backward Rolls  | Forward Roll Cartwheel   | FRONT WALKOVER         |
| Round offs      |                          |                        |
| Back Bend       |                          |                        |

**Level 1**

| <b>STANDING</b>      | <b>RUNNING</b> | <b>ADVANCED SKILLS</b> |
|----------------------|----------------|------------------------|
| Front Walkover       | Cartwheel BWO  | Valdez                 |
| Back Walkover        | FWO CW BWO     | Valdez-BWO             |
| Back Walkover Series | FWO CW/RO      | Handstand Forward Roll |
| BWO Switch leg       |                | Back Extension Roll    |

**Level 2**

| <b>STANDING</b>      | <b>RUNNING</b>         | <b>ADVANCED SKILLS</b>  |
|----------------------|------------------------|-------------------------|
| BWO BHS              | Round Off BHS Series   | Valdez BHS              |
| BHS Step Out         | Round Off BHS Step-Out | RO BHS Step out BWO-BHS |
| BWO Switch leg BHS   | Fly Spring             |                         |
| BHS Step out BWO BHS | FWO RO BHS/Series      |                         |