



IMPACT ELITE
— ATHLETICS —

Level Information

Skills we look for when placing athletes on teams that is the best fit for athlete growth and both athlete and overall team success.

Register online at www.impactelitewi.com and for a New Athlete Assessment that best fits your athlete skill level

NOVICE

Novice is for beginner athletes and skills will be taught during season - No skill criteria required

Level 1 - PREP

HAND STAND; FORWARD ROLL; FRONT WALKOVER; BACK WALKOVER; CARTWHEEL, BACK WALKOVER

Level 1 - ELITE

FRONT WALKOVER; BACK WALKOVER; MULTIPLE BACK WALKOVERS; BACK EXTENSION ROLL; FRONT WALKOVER, CARTWHEEL, BACK WALKOVER; BACK WALKOVER SWITCH LEG; VALDEZ

Level 2 - ELITE

BACK HANDSPRING; BACK WALKOVER-BACK HANDSPRING; FRONT WALKOVER-ROUND OFF-BACK HANDSPRING; BACK HANDSPRING-STEP OUT-BACK WALKOVER-BACK HANDSPRING; BACK WALKOVER-BACK HANDSPRING

Level 3 - ELITE

FRONT WALKOVER-ROUND OFF-BACK HANDSPRING-BACK TUCK; ROUND OFF-BACK HANDSPRING-BACK TUCK; PUNCH FRONT; FRONT WALKOVER-AERIAL; BACK HANDSPRING SERIES; FLYSPRING-ROUND OFF-TUCK
BACK HANDSPRING-JUMP-BACK HANDSPRING