

Iowa All-Star Cheerleading

Skill List

Name _____

Please check only those skills that you are able to do consistently. The choreographer will plan the routine around these skill lists. It is **CRITICAL** that you check only the stunts and skills that you are confident you can do well.

I am most comfortable being a ____top ____base ____back

I am able to **top** (go up) in the following stunts:

____elevator (prep) ____liberty ____elevator retakes ____toe-touch basket

____extension ____heel stretch ____cupie (awesome)

I am able to **base** the following stunts:

____elevator (prep) ____liberty ____elevator retakes

____extension ____heel stretch ____cupie (awesome)

I am able to **back** the following stunts:

____elevator (prep) ____liberty ____elevator retakes

____extension ____heel stretch ____cupie (awesome)

I can do the following tumbling skills on a gym floor:

____standing back handspring ____roundoff back handspring

____standing back tuck ____roundoff series of back handsprings

____roundoff back tuck ____roundoff layout back

____roundoff back handspring back tuck ____roundoff full

Coach's Signature

Date