

RETURN BY OCTOBER 28H
TAMI DOYLE
4201 PADDINGTON DR
CEDAR FALLS IA 50613

IOWA CHEER HONOR SQUAD
SKILLS CHECKLIST

NAME: _____ SCHOOL: _____

COMPLETE ENTIRE CHECKLIST – PARTICIPANT IS NOT GUARANTEED ANY POSITION (DANCE OR STUNTING) Please complete entire checklist for every participant regardless of what they would like to do!

STUNTS

For stunts please mark only stunts that you feel confident that you would execute 5 out of 5 times. Also keep in mind that you will be working with individuals from different schools and possibly different styles of stunting. **If you are not comfortable with this do not fill out this section.** If you do more than one position mark both if you do both well.

BASE

<input type="checkbox"/> Extension Prep cradle	<input type="checkbox"/> Ext. Prep press extension
<input type="checkbox"/> Extension prep retake prep	<input type="checkbox"/> Peekabo (2x) to prep
<input type="checkbox"/> Pendulum from prep	<input type="checkbox"/> Straight up extension cradle
<input type="checkbox"/> Liberty	

FLYER

<input type="checkbox"/> Extension Prep cradle	<input type="checkbox"/> Ext. Prep press extension
<input type="checkbox"/> Extension prep retake prep	<input type="checkbox"/> Peekabo (2x) to prep
<input type="checkbox"/> Pendulum from prep	<input type="checkbox"/> Straight up extension cradle
<input type="checkbox"/> Liberty	

BACK SPOT

<input type="checkbox"/> Extension Prep cradle	<input type="checkbox"/> Ext. Prep press extension
<input type="checkbox"/> Extension prep retake prep	<input type="checkbox"/> Peekabo (2x) to prep
<input type="checkbox"/> Pendulum from prep	<input type="checkbox"/> Straight up extension cradle
<input type="checkbox"/> Liberty	

IS THERE SOMEONE YOU KNOW THAT WILL BE PART OF THE IA CHEER HONOR TEAM THAT YOU WOULD PREFER TO WORK WITH? Please list their name here.

WOULD YOU PREFER TO DANCE OR STUNT? (Circle your preference) **YOUR PREFERENCE IS NOT GUARANTEED!**

TUMBLING

Just like with stunting mark tumbling if it is something you do consistently. Keep in mind your practice facility is hard wood gym. Your performance area will be turf. You need to feel comfortable tumbling on these surfaces.

<input type="checkbox"/> Standing backhandspring	<input type="checkbox"/> Standing back tuck
<input type="checkbox"/> Round-off back handspring	<input type="checkbox"/> Round-off backhandspring back tuck
<input type="checkbox"/> Round-off backhandspring series	<input type="checkbox"/> Round-off backhandspring layout
<input type="checkbox"/> _____ how many	
<input type="checkbox"/> Round-off back tuck	<input type="checkbox"/> Round-off backhandspring full twist
<input type="checkbox"/> Other _____	

THANKS FOR TAKING THE TIME TO COMPLETE THIS!
RETURN BY OCTOBER 28TH

Coach Signature _____ **Cheerleader Signature** _____