

Cheer Tumble Athlete Roster Verification Form

Coach Name _____	Coach Signature _____
Coach Email _____	Coach Phone _____
School/Gym Name _____	Season Start-End _____ / _____

Coaches, please use/submit multiple sheets if roster is more than 15 athletes.

	Athlete First Name	Athlete Last Name	Cheer Tumble Level: 1, 2 or 3
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

CHEER TUMBLE 1

No Prerequisites

Athletes will work on: Handstands
 Cartwheels/Round offs
 Back and Front Walkovers
 Back Handsprings

CHEER TUMBLE 2

Prerequisites: Standing/Running BHS

Athletes will work on:
 Standing Multiple BHS
 Running Multiple BHS
 Standing Tuck
 Running Back Tuck

CHEER TUMBLE 1

Prerequisites: Standing 2 BHS, Round Off BHS
 Tuck

Athletes will work on:
 Standing BHS Tuck
 Jumps to Tuck
 Running Layout
 Running Full