

# 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 3**

**Prerequisites:** Standing 2 BHS, Round Off BHS  
 Tuck

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