CGA

Athlete: _____

Coach: _____

Date: _____

Fundamentals 1 Evaluation

Routine Ready!		
Got It!	Working	Candle Stick with arms by their head
Routine Ready!		
Got It!	Working	Forward Roll with arms by their head
Routine Ready!		
Got It!	Working	Backward Roll
Routine Ready!		
Got It!	Working	Lunge To Handstand, back to lunge
Routine Ready!		
Got It!	Working	Cartwheel with Straight Legs
Routine Ready!		
Got It!	Working	Push Up into a Bridge

Notes:

FUNdamentals 1

What are Routine Ready! skills and how should they look?

Routine Ready! skills are performed consistently with excellent technique- the kind of skills that are ready to go into an Allstar Cheer routine. These skills should be performed well enough to help drive a team's technique score higher. Scan the QR code to see the Routine Ready! Skills.

What can I do outside of the gym to help my progress?

Conditioning and Stretching at Home is the best way to help your progress outside of the gym. Scan the QR code to see our Recommended at Home Conditioning and Stretching for this Level.

Conditioning Exercises:

Push Ups	Super Mans
Squat Jumps	Tuck Rockers
Left Leg Lifts - All 4's	Right Leg Lifts - All 4's
Left Leg Kicks - Down Slow	Right Leg Kicks - Down Slow

Stretching:

Left Lunge	Right Lunge
Left Split for 1 minute	Right Split for 1 minute
Seal Stretch	Cat Stretch

We are looking forward to helping you on your Tumbling Journey!

CGA

Athlete: _____

Coach: _____

Date: _____

Fundamentals 2 Evaluation

Routine Ready!		
Got It!	Working	Power Hurdle Cartwheel
Routine Ready!		
Got It!	Working	Back Bend
Routine Ready!		
Got It!	Working	Bridge Kickover
Routine Ready!		
Got It!	Working	Handstand Fall to Bridge
Routine Ready!		
Got It!	Working	4 Count Handstand
Routine Ready!		
Got It!	Working	Stand Up from Bridge with Arms by Ears

Notes:

FUNdamentals 2

What are Routine Ready! skills and how should they look?

Routine Ready! skills are performed consistently with excellent technique- the kind of skills that are ready to go into an Allstar Cheer routine. These skills should be performed well enough to help drive a team's technique score higher. Scan the QR code to see the Routine Ready! Skills.

What can I do outside of the gym to help my progress?

Conditioning and Stretching at Home is the best way to help your progress outside of the gym. Scan the QR code to see our Recommended at Home Conditioning and Stretching for this Level.

Conditioning Exercises:

Push Ups	Super Mans
Squat Jumps	Bridge Push Ups
Left Leg Lifts - All 4's	Right Leg Lifts - All 4's
Left Leg Kicks - Down Slow	Right Leg Kicks - Down Slow

Stretching:

Left Lunge	Right Lunge
Left Split for 1 minute	Right Split for 1 minute
Bridge Kicks - Left Leg	Bridge Kicks - Right Leg

We are looking forward to helping you on your Tumbling Journey!

CGA

Athlete: _____

Coach: _____

Date: _____

Level 1 Evaluation

Routine Ready!		
Got It!	Working	Handstand Forward Roll
Routine Ready!		
Got It!	Working	Back Walkover
Routine Ready!		
Got It!	Working	Front Walkover
Routine Ready!		
Got It!	Working	Round Off
Routine Ready!		
Got It!	Working	Handstand Hop
Routine Ready!		
Got It!	Working	Standing Handspring on Tramp

Notes:

Level 1

What are Routine Ready! skills and how should they look?

Routine Ready! skills are performed consistently with excellent technique- the kind of skills that are ready to go into an Allstar Cheer routine. These skills should be performed well enough to help drive a team's technique score higher. Scan the QR code to see the Routine Ready! Skills.

What can I do outside of the gym to help my progress?

Conditioning and Stretching at Home is the best way to help your progress outside of the gym. Scan the QR code to see our Recommended at Home Conditioning and Stretching for this Level.

Conditioning Exercises:

Swing Jumps	Swimmers
Squat Jumps	Finger Flicks
Bird Dogs	Stretched Push Up Hold
Lunge Front Leg Kicks - Both	Calf Raises - Together, In and Out

Stretching:

Left Lunge	Right Lunge
Left Split for 1 minute	Right Split for 1 minute
Bridge Kicks - Left Leg	Bridge Kicks - Right Leg

We are looking forward to helping you on your Tumbling Journey!

CGA

Athlete: _____

Coach: _____

Date: _____

Level 2 Evaluation

Routine Ready!		
Got It!	Working	Back Extension Roll
Routine Ready!		
Got It!	Working	Back Handspring
Routine Ready!		
Got It!	Working	Round Off Back Handspring
Routine Ready!		
Got It!	Working	Front Handspring or Bounder
Routine Ready!		
Got It!	Working	Round Off Back Handspring Series
Routine Ready!		
Got It!	Working	Back Walkover Back Handspring

Notes:

Level 2

What are Routine Ready! skills and how should they look?

Routine Ready! skills are performed consistently with excellent technique- the kind of skills that are ready to go into an Allstar Cheer routine. These skills should be performed well enough to help drive a team's technique score higher. Scan the QR code to see the Routine Ready! Skills.

What can I do outside of the gym to help my progress?

Conditioning and Stretching at Home is the best way to help your progress outside of the gym. Scan the QR code to see our Recommended at Home Conditioning and Stretching for this Level.

Conditioning Exercises:

Swing Jumps	Swimmers
Jumping Lunges	Push Up Pops
Bird Dogs	Tight Arch Hold
Lunge Back Leg Kicks - Both	Calf Raises - Together, In and Out

Stretching:

Left Lunge	Right Lunge
Left Split for 1 minute	Right Split for 1 minute
Bridge Kicks - Left Leg	Bridge Kicks - Right Leg

We are looking forward to helping you on your Tumbling Journey!

CGA

Athlete: _____

Coach: _____

Date: _____

Level 3 Evaluation

Routine Ready!		
Got It!	Working	Standing Back Handspring Series
Routine Ready!		
Got It!	Working	Round Off Back Handspring Tuck
Routine Ready!		
Got It!	Working	Punch Front
Routine Ready!		
Got It!	Working	Aerial
Routine Ready!		
Got It!	Working	Power Hurdle Round Off BHS Tuck
Routine Ready!		
Got It!	Working	Front Handspring Step Out Round Off BHS Tuck

Notes:

Level 3

What are Routine Ready! skills and how should they look?

Routine Ready! skills are performed consistently with excellent technique- the kind of skills that are ready to go into an Allstar Cheer routine. These skills should be performed well enough to help drive a team's technique score higher. Scan the QR code to see the Routine Ready! Skills.

What can I do outside of the gym to help my progress?

Conditioning and Stretching at Home is the best way to help your progress outside of the gym. Scan the QR code to see our Recommended at Home Conditioning and Stretching for this Level.

Conditioning Exercises:

Swing Jumps	Swimmers
Candle Stick Tuck Jumps	Push Up Pops
Plank Leg Lifts	Pike Ups
Single Leg Hip Lifts - Both	Calf Raises - Together, In and Out

Stretching:

Left Lunge	Right Lunge
Left Split for 1 minute	Right Split for 1 minute
Straddle - Reaching Foward	Pike with Straight Back

We are looking forward to helping you on your Tumbling Journey!

CGA

Athlete: _____

Coach: _____

Date: _____

Level 4 Evaluation

Routine Ready!		
Got It!	Working	Standing Back Handspring Series to Tuck
Routine Ready!		
Got It!	Working	Round Off BHS Tuck with Clap Set
Routine Ready!		
Got It!	Working	Round Off Back Handspring Layout
Routine Ready!		
Got It!	Working	Standing Tuck
Routine Ready!		
Got It!	Working	Cartwheel Tuck
Routine Ready!		
Got It!	Working	Punch Front Step Out or Whip

Notes:

Level 4

What are Routine Ready! skills and how should they look?

Routine Ready! skills are performed consistently with excellent technique- the kind of skills that are ready to go into an Allstar Cheer routine. These skills should be performed well enough to help drive a team's technique score higher. Scan the QR code to see the Routine Ready! Skills.

What can I do outside of the gym to help my progress?

Conditioning and Stretching at Home is the best way to help your progress outside of the gym. Scan the QR code to see our Recommended at Home Conditioning and Stretching for this Level.

Conditioning Exercises:

Swing Jumps	Bird Dogs from Push Up
Candle Stick Tuck Jumps	Push Up Pops
Hollow Body Rocks	Pike Ups
Single Leg Hip Lifts - Both	Calf Raises - Together, In and Out

Stretching:

Left Lunge	Right Lunge
Left Split for 1 minute	Right Split for 1 minute
Straddle - Reaching Foward	Pike with Straight Back

We are looking forward to helping you on your Tumbling Journey!

CGA

Athlete: _____

Coach: _____

Date: _____

Level 5 Evaluation

Routine Ready!		
Got It!	Working	Standing Back Handspring Series to Layout
Routine Ready!		
Got It!	Working	Jump to Tuck
Routine Ready!		
Got It!	Working	Running Tuck up to Big Mat
Routine Ready!		
Got It!	Working	Round Off Back Handspring Full
Routine Ready!		
Got It!	Working	Standing Specialty Pass
Routine Ready!		
Got It!	Working	Running Level 4 Specialty Pass to Full

Notes:

Level 5

What are Routine Ready! skills and how should they look?

Routine Ready! skills are performed consistently with excellent technique- the kind of skills that are ready to go into an Allstar Cheer routine. These skills should be performed well enough to help drive a team's technique score higher. Scan the QR code to see the Routine Ready! Skills.

What can I do outside of the gym to help my progress?

Conditioning and Stretching at Home is the best way to help your progress outside of the gym. Scan the QR code to see our Recommended at Home Conditioning and Stretching for this Level.

Conditioning Exercises:

Swing Jump 1/2 Twists	Bird Dogs from Push Up
Candle Stick 1 Leg Jumps	Push Up Pops
Hollow Body Twists	Pike Ups
Single Leg Hip Lifts - Both	Calf Raises - Together, In and Out

Stretching:

Left Lunge	Right Lunge
Left Split for 1 minute	Right Split for 1 minute
Straddle - Reaching Foward	Pike with Straight Back

We are looking forward to helping you on your Tumbling Journey!