

**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)   \_\_\_ full-twist cradles

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

\_\_\_ elevator (prep)   \_\_\_ liberty           \_\_\_ elevator retakes   \_\_\_ toe-touch basket  
\_\_\_ extension       \_\_\_ heel stretch       \_\_\_ cupie (awesome)   \_\_\_ full-twist cradles

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

\_\_\_ elevator (prep)   \_\_\_ liberty           \_\_\_ elevator retakes   \_\_\_ toe-touch basket  
\_\_\_ extension       \_\_\_ heel stretch       \_\_\_ cupie (awesome)   \_\_\_ full-twist cradles

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