

# 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:

\_\_\_Prep            \_\_\_liberty            \_\_\_prep retakes

\_\_\_extension        \_\_\_heel stretch        \_\_\_cupie (awesome)

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

\_\_\_Prep            \_\_\_liberty            \_\_\_prep retakes

\_\_\_extension        \_\_\_heel stretch        \_\_\_cupie (awesome)

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

\_\_\_prep        \_\_\_liberty            \_\_\_prep retakes

\_\_\_extension        \_\_\_heel stretch        \_\_\_cupie (awesome)

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