

Skills Sheet

Team Name: _____

Division (circle one): All Girl Coed

of Female Athletes: _____

of Male Athletes: _____

BUILDING SKILLS					
On the lines below, please provide the names (as they are stated in the rubric) of the building skills performed in the routine. Also, please circle the number of groups/stunts/top people performing each skill.					
Stunt Skill 1: _____					
# of Groups:	1	2	3	4	5
Stunt Skill 2: _____					
# of Groups:	1	2	3	4	5
Stunt Skill 3: _____					
# of Groups:	1	2	3	4	5
Coed Stunt Skill (if required): _____					
# of Stunts:	1	2	3	4	5
Pyramid Skill 1: _____					
# of Top People Performing Skill:	1	2	3	4	5
Pyramid Skill 2: _____					
# of Top People Performing Skill:	1	2	3	4	5
Pyramid Skill 3: _____					
# of Top People Performing Skill:	1	2	3	4	5

TUMBLING & JUMPS

On the lines below, please provide the names (as they are stated in the rubric) of the tumbling & jump skills performed in the routine. Also, please state the number of athletes performing each skill.

Standing Tumbling Skill Performed Simultaneously: _____

of Athletes Performing Simultaneous Standing Tumbling Skill: _____

Additional Standing Tumbling Skill(s) of Higher Difficulty than Simultaneous Skill (if any):

1. _____ / # of Athletes Performing Skill: _____

2. _____ / # of Athletes Performing Skill: _____

3. _____ / # of Athletes Performing Skill: _____

4. _____ / # of Athletes Performing Skill: _____

5. _____ / # of Athletes Performing Skill: _____

6. _____ / # of Athletes Performing Skill: _____

Running Tumbling Skill Performed Simultaneously: _____

of Athletes Performing Simultaneous Running Tumbling Skill: _____

Additional Running Tumbling Skill(s) of Higher Difficulty than Simultaneous Skill (if any):

1. _____ / # of Athletes Performing Skill: _____

2. _____ / # of Athletes Performing Skill: _____

3. _____ / # of Athletes Performing Skill: _____

4. _____ / # of Athletes Performing Skill: _____

5. _____ / # of Athletes Performing Skill: _____

6. _____ / # of Athletes Performing Skill: _____

Jumps (complete the column that describes your team's jumps and provide the name of each jump performed):

Three Connected

Two Connected + One

Two Connected

1. _____

1. _____

1. _____

2. _____

2. _____

2. _____

3. _____

+

3. _____

of Athletes Performing Jumps Above: _____