

West Seneca West Cheerleading Tryouts Fall 2018

Cheerleaders Name: _____ Grade: _____ Tryout #: _____

STANDING TUMBLING:

ASSISTED BHS – 1, BACK WALKOVER – 1.5, BHS – 2, BHS x2 – 2.5, BHS x3 – 3,
BHS SERIES TUCK/LAYOUT – 3.5, TUCK – 4, BHS SERIES FULL – 4.5, STANDING FULL – 5 ___/5
Execution: 1- Poor 2- Below Average 3- Average 4- Above Average 5- Exceptional ___/5

RUNNING TUMBLING:

ROUND OFF – 1, RO BHS – 1.5, RO 2 BHS – 2, RO 3 BHS – 2.5, RO BHS TUCK – 3, RO BHS LAYOUT – 3.5,
FRONT WALKOVER RO BHS TUCK/LAYOUT – 4, RO BHS FULL – 4.5, SPECIALY PASS TO FULL – 5 ___/5
Execution: 1- Poor 2- Below Average 3- Average 4- Above Average 5- Exceptional ___/5

JUMPS: (TOE TOUCH, FRONT RIGHT, FRONT LEFT, PIKE SEQUENCE)

1- Poor 2- Below Average 3- Average 4- Above Average 5- Exceptional ___/5

MOTION SEQUEENCE: Sharpness of motion technique, pace, perfection and synchronization with consistent level of articulation, volume, energy, and stamina.

1- Poor 2- Below Average 3- Average 4- Above Average 5- Exceptional ___/5

CHEER: Sharpness of motion technique, pace, perfection and synchronization with consistent level of articulation, distinct words, volume, energy, and stamina.

1- Poor 2- Below Average 3- Average 4- Above Average 5- Exceptional ___/5

COACHABILITY: 1- Poor 2- Below Average 3- Average 4- Above Average 5- Exceptional ___/5

STUNT POSITION: FLYER MAIN BASE SIDE BASE BACKSPOT NO EXPERIEINCE

TOTAL ___/40