



EVALUATIONS for TEAM PLACEMENT 2010-11 TEAMS



SPRING 2010 IS AROUND THE CORNER

THANK YOU for your interest in Vancouver All Star Cheer. Our program is entering its 10th season and ranked amongst the finest in the World. Our Competitive season for next year's teams will start in late April; this is the time of year where students get moved around onto their 2010-11 Teams.

Mon, April 12th to Thurs, April 15th - No practices (only for Worlds Teams). We didn't give you a Spring Break this season so consider this your Spring Break.

Sat, April 18th & Sun, April 19th - All athletes attend their Regular Weekend Day Practice Times. Athletes will be evaluated using a Score sheet (similar to the Individuals Score Sheets at competitions). This will be used to provide a progress report to each athlete. This will be used to determine which team they are placed on for the 2010-11 season. Placements onto new teams will occur afterwards, during the last 2 weeks of April.

Skills Chart to be used as a Guide for Evaluations & Placements:

Level 1 - No tumbling Skills *and/or* Cartwheel, Round-off, Rolls, walkovers

Level 2 - Standing Back handspring (BHS) *and/or* round-off BHS *and/or* round-off BHS series

Level 3 - Standing series of Back handsprings *and* Toe-touch BHS *and* round-off BHS-Tuck *or* round-off Tuck

Level 4 - Standing Back Tuck *and/or* Standing Back handspring Tuck *and* Round-off BHS-Layout

Level 5 - Triple Toe Touch Back Tuck *and* Round-off BHS layout Full

Additional Considerations:

- Attendance during 2009-10 season and Attitude, work ethic & parental support
- Abilities in stunting, dance, Jumps, motions, memory, performance & leadership

****NOTE**** Athletes have until August to attain skills for desired team. Placement in April is for preliminary Team Rosters