

Level	Stunts	Tumbling	Jumps	Performan ce
ONE	Base/Back Spot/Fly in single leg stunt below or at thigh level; two leg stunt at prep level	Fwd roll, Bkwd roll, front/back walkovers/ cartwheels Round offs, and variations of above	Jump with a pause to a forward roll	Able to count to 8 and perform choreography provided
TWO	Base/Back Spot/Fly in single leg stunt at prep level; two leg stunt at extended level (flyers need flexibility skills)	Backhandspring from a stand. Running round off backhandspring also level 1 skills listed above. Series of BHS desired	Jumps connected (2 in a row) pause BHS.	Able to count to 8 and perform choreography provided. Motion placement imperative
THREE	Base/Back Spot/Fly in single leg stunt at extended level; (flyers need flexibility skills of all body positions) Full down from extended 2 legged stunt	Double BHS from a stand, RO tuck, RO BHS tuck, punch front and variations of the Level 1 & 2 skills listed above	Triple jump connected with leg height parallel or above. Jumps with good technique connected to double BHS	Able to perform at a high level and exude confidence and perform through execution of skills. Motion placement imperative

<p style="text-align: center;">FOUR</p>	<p>Base/Back Spot/Fly in single leg stunt at extended level; flyers need flexibility skills of all body positions including bows/needles and full down from those positions. double down from 2 legged stunt at prep position.</p>	<p>Standing tuck, Standing BHS tuck, RO BHS Layout Standing 2 BHS to a layout</p>	<p>Triple/quad jump to a pause standing tuck; triple/quad jump to a BHS tuck without pause. Leg height needs to be above parallel throughout above sequence</p>	<p>Able to perform all skills at a high level confidently. Be able to perform Choreography that is fast paced and be able to hit correct motion placement (absolutely imperative). Athlete needs to be conditioned to perform level 4 skills set combinations safely and effectively.</p>
<p style="text-align: center;">FIVE</p>	<p>Base/Back Spot/Fly in single leg stunt at extended level; (flyers need flexibility skills of all body positions and double down from those positions) Full ups/ double ups/ and transitional elements.</p>	<p>Multiple Jumps to Standing tuck, standing BHS's to a full/double, standing full. Running tumbling: combo to full/ double and variations of the above level 1,2,3,4 skills</p>	<p>Triple/quad jump to a standing tuck; triple/quad. Leg height needs to be above parallel throughout above sequence</p>	<p>Able to perform all skills at a high level confidently. Choreography is very fast paced and athletes need to physical endurance to perform level 5 skill set combinations safely and effectively.</p>

** This is to be used as a reference guide only to determine which level your child attends during the team placement evaluation process. The athlete will be reviewed in his/her entirety to determine their best fit in our Program

As a side note, it is our job to place athletes on a team where they are confident in the skill sets asked of them so we are very diligent in looking at the athlete as a WHOLE! One specific skill set at a level doesn't make you competent to compete at that level. We take this job very serious when placing athletes and we want ALL athletes to feel success and build confidence. Placing them on a level too high for them causes stress and a negative experience for the athlete and we do our best to avoid that situation. If you have questions about which level to attend, please let me know.

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