



**2022-2023 Alpha Extreme Royals Athlete Information**

Athlete's Legal Name: \_\_\_\_\_

Athlete's Cell Phone: \_\_\_\_\_

Athlete's Email: \_\_\_\_\_

Athlete's Social Media Handles (please list all): \_\_\_\_\_

\_\_\_\_\_

Athlete's School: \_\_\_\_\_

Does your athlete cheer with their school? Yes / No (circle one)

If yes, please provide the coach's name, contact email and contact phone number:

\_\_\_\_\_

What dates/weeks will you be missing this summer (if any) for school cheer, camp, family vacation, or other commitments you cannot reschedule?

\_\_\_\_\_

2022-2023 Grade: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_ Hoodie/Jacket Size: \_\_\_\_\_ Ring Size: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Current Age: \_\_\_\_\_ Age as of December 31, 2022: \_\_\_\_\_

Allergies/Medications:

\_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Cell Phone: \_\_\_\_\_

Parent/Guardian Secondary Phone: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

Athlete's Prior Cheer Experience (circle all applicable): None / Rec Cheer / School Cheer / All-Star

Previously Completed All-Star Level: \_\_\_\_\_ Expected 22-23 All-Star Level: \_\_\_\_\_

I am interested in the following stunt positions (circle all applicable): Flyer / Main / Side / Back / Front

**\*\*Athletes are never guaranteed a position and must be earned throughout practice.**

Athlete Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age as of Dec 31, 2022 \_\_\_\_\_

Current School: \_\_\_\_\_ Grade 22-23: \_\_\_\_\_

Please put a check mark **IN THE CIRCLES ONLY** for skills you can currently complete safely, consistently, with good technique, and **WITHOUT A SPOTTER**.

	Beginner	Intermediate	Advanced
<b>Level 1</b>	<input type="checkbox"/> Forward Roll <input type="checkbox"/> Backward Roll <input type="checkbox"/> Cartwheel <input type="checkbox"/> Straddle Roll <input type="checkbox"/> Handstand <input type="checkbox"/> Push Up Backbend <input type="checkbox"/> Standing Backbend	<input type="checkbox"/> Jumps to Forward Roll <input type="checkbox"/> Jumps to Backward Roll <input type="checkbox"/> Handstand Forward Roll <input type="checkbox"/> Bridge Kickover <input type="checkbox"/> Back Walkover <input type="checkbox"/> Front Walkover <input type="checkbox"/> Round Off <input type="checkbox"/> Front Limber/Back Limber	<input type="checkbox"/> Cartwheel Back Walkover <input type="checkbox"/> Back Walkover Series <input type="checkbox"/> FWO Cartwheel/ Round Off <input type="checkbox"/> Cartwheel Back Walkover <input type="checkbox"/> Back Extension Roll <input type="checkbox"/> Back Walkover Switch Leg <input type="checkbox"/> Valdez <input type="checkbox"/> FWO Cartwheel Back Walkover <input type="checkbox"/> FWO Cartwheel BWO Switch Leg
<b>Level 2</b>	<input type="checkbox"/> Standing BHS <input type="checkbox"/> BHS Stepout <input type="checkbox"/> Jump pause BHS <input type="checkbox"/> T Jump BHS <input type="checkbox"/> Round Off BHS <input type="checkbox"/> Front Handpsring <input type="checkbox"/> Cartwheel BHS	<input type="checkbox"/> BHS pause BHS <input type="checkbox"/> BWO BHS <input type="checkbox"/> RO BHS Series <input type="checkbox"/> Back Extension Roll BHS <input type="checkbox"/> Back Extension Roll BHS	<input type="checkbox"/> FWO RO BHS Series <input type="checkbox"/> RO BHS Stepout BWO BHS Series <input type="checkbox"/> BWO Switch Leg BHS <input type="checkbox"/> BHS Stepout BWO BHS <input type="checkbox"/> Valdez BHS <input type="checkbox"/> Series Front Handpsring <input type="checkbox"/> Bounder/Flyspring
<b>Level 3</b>	<input type="checkbox"/> Standing BHS Series <input type="checkbox"/> Jumps to BHS <input type="checkbox"/> RO Tuck <input type="checkbox"/> Punch Front <input type="checkbox"/> Aeriels	<input type="checkbox"/> BWO BHS Series <input type="checkbox"/> Jump to BHS Series <input type="checkbox"/> BHS Jump BHS <input type="checkbox"/> FWO RO BHS Tuck <input type="checkbox"/> RO BHS Tuck <input type="checkbox"/> RO BHS Series Tuck	<input type="checkbox"/> BHS BHS Jump BHS BHS <input type="checkbox"/> BHS Stepout BHS Series <input type="checkbox"/> Jump BHS Step Out RO BHS Tuck <input type="checkbox"/> FWO RO BHS Step Out RO BHS Tuck <input type="checkbox"/> Punch Front step RO BHS Tuck <input type="checkbox"/> FWO Aerial <input type="checkbox"/> RO BHS Series to Back Tuck <input type="checkbox"/> FWO to RO BHS Series Back Tuck
<b>Level 4</b>	<input type="checkbox"/> Standing Tuck <input type="checkbox"/> Cartwheel Tuck <input type="checkbox"/> Jump to BHS Tuck <input type="checkbox"/> RO BHS Layout/layout stepout/x-out <input type="checkbox"/> RO Layout <input type="checkbox"/> Standing BHS Tuck <input type="checkbox"/> BWO Tuck	<input type="checkbox"/> BHS BHS Back Tuck <input type="checkbox"/> Jump BHS Series to Back Tuck <input type="checkbox"/> 3 Jumps Pause Tuck <input type="checkbox"/> FWO RO BHS Layout <input type="checkbox"/> RO Onodi through to Tuck <input type="checkbox"/> Front Handspring Punch Front <input type="checkbox"/> Aerial Tuck	<input type="checkbox"/> Punch Front Stepout RO BHS Layout <input type="checkbox"/> RO BHS Layout/Layout Stepout/X-out <input type="checkbox"/> RO BHS Whip BHS Layout <input type="checkbox"/> PF Stepout RO BHS Whip BHS Tuck <input type="checkbox"/> Front Handspring PF Stepout to RO BHS Layout <input type="checkbox"/> RO Whip BHS Tuck

**Staff Only Below this Line:**

Jumps: PK \_\_\_\_\_ FH \_\_\_\_\_ TT \_\_\_\_\_ 3 Jumps \_\_\_\_\_

Motions:

Presence:

Tumbling:

Stunting:

Age Division	Stunt Position	Stunt Level	Team/Level
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