

B² Cheer & Dance Choreography Profile Sheet

Complete this form and email/mail/fax it back at least 2 weeks **PRIOR**
to your choreography session to:

brian@b2cheerdance.com or print and fax it:

Attn: Brian Bridges – Fax # 888-317-9671

Mail: PO BOX 22477 – Hot Springs AR 71903

| | | | |
|--|--------------------|--------------------|------------|
| School/Team Name | | Coach Name | |
| City | State | ZIP Code | |
| School/Gym Phone # | | Coach Cell Phone # | |
| # on Squad | # of Participants | # of Females | # of Males |
| Please Check any of the below items that you would like to use in your routine | | | |
| Signs | Poms | Megs | Flag(s) |
| School/Team Colors | | Mascot | |
| Please explain what your props look like/say if you would like them incorporated in your routine. Please note that we CAN NOT guarantee that we will be able to use signs already made. The choreographer reserves the right to request teams to purchase new signs based on their cheer. | | | |
| | | | |
| | | | |
| Divisions you will be competing in | | | |
| Total music time | Total routine time | | |
| Any special "STATE" rules or general safety rules (please list below) | | | |
| | | | |
| Web-link to your State Rules web page | | | |
| ROUTINE EXPECTATIONS | | | |
| Is there something specific that must be in your routine? Please list examples below (Specific Pyramid, Cheer, Spell Out, etc). | | | |
| | | | |
| Any extra information that has not been covered that you would like for your routine? Please list examples below | | | |
| | | | |

Current Skills listing is on Next Two Pages

| Current Stunt / Transition / Dismounting Skills | | |
|---|------------------|------------------------------------|
| Please check whether you have mastered a skill, and type in number of stunt groups. PLEASE WRITE HOW MANY PEOPLE ARE IN EACH STUNT GROUP FOR CHOREOGRAPHY PURPOSES. | | |
| Partner Stunts | Mastered? | Number of Groups with Skill |
| Elevator/Prep | | |
| Elevator/Prep Press Extension | | |
| Straight up Extension | | |
| Single Leg Variations: | | |
| -Liberty | | |
| -Heel Stretch | | |
| -Bow & Arrow/Over Stretch | | |
| -Scorpien | | |
| -Scale | | |
| Other: (List) | | |
| Full Ups (360) | Mastered? | Number of Groups with Skill |
| 360 to Load Position | | |
| Full Up to Elevator/Prep | | |
| Full Up to Extension/Cupie | | |
| Full Up to Liberty | | |
| Other: (List) | | |
| Single Based Partner Stunts | Mastered? | Number of Groups with Skill |
| Hands (either Co-Ed or All-Girl) | | |
| Extension (either Co-Ed or All-Girl) | | |
| Single Leg (Variation) | | |
| Other: (List) | | |
| Dismounts from Partner Stunts | Mastered? | Number of Groups with Skill |
| Elevator/Prep Full Down | | |
| Extension Full Down | | |
| Single Leg Stunt Full Down | | |
| Other: (List) | | |

| Current Tumbling Skills | | |
|--|------------------|------------------------------------|
| Please check whether you have mastered a tumbling skill, and type in the number of people with that skill | | |
| Standing Tumbling | Mastered? | Number of People with Skill |
| Standing Back Handspring | | |
| Standing Back Tuck | | |
| Standing Back Handspring(s) Back Tuck | | |
| Standing Back Handspring(s) Full Twist | | |
| Jump to Back Handspring | | |
| Jump to Back Tuck | | |
| Combination Jumps with Back Tuck | | |
| Other: (List) | | |
| Running Tumbling | Mastered? | Number of People with Skill |
| Round Off Back Handspring | | |
| Round Off Back Tuck | | |
| Round Off Back Handspring Series | | |
| Round Off Back Handspring Layout | | |
| Round Off Back Handspring Full Twist | | |
| Round Off Back Handspring Tuck | | |
| Cartwheel Tuck | | |
| Front Skill Through to tumbling | | |
| Other: (List) | | |
| Current Basket Toss Skills – High School Teams Only | | |
| Please check whether you have mastered the skill, and type in the groups with that skill | | |
| Basket Toss | Mastered? | Number of Groups with Skill |
| Straight Ride | | |
| Single Skills: | | |
| -Toe Touch | | |
| -Pike | | |
| -Ball Out (Ball X) | | |
| Other: (List) | | |
| Double Skills: | | |
| -Kick Full | | |
| -Switch Kick Full | | |
| Other: (List) | | |

PLEASE SUBMIT EITHER A DVD OR SEND A LINK TO AN ONLINE VIDEO OF YOUR COMPETITION ROUTINE FROM LAST SEASON TO AIDE THE CHOREOGRAPHER IN PREPARING FOR YOUR ROUTINE.

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|--|----------------------------|--------------------------------------|
| B² CHEER & DANCE – PO BOX 22477 – HOT SPRINGS AR 71903 | | |
| FAX: 888-317-9671 | PHONE: 501-617-1061 | EMAIL: BRIAN@B2CHEERDANCE.COM |