

UNITED TALENT TUMBLING

STAR PROGRAM PROGRESS REPORT



Athlete Name: _____ Start Date: ____/____/____

Traditional Program

LEVEL _____ **DATE** _____

SUB-BEGINNER ____/____/____
 Pike Position ____/____/____
 Squat Position ____/____/____
 Straddle Position ____/____/____
 Tuck Position ____/____/____

BEGINNER ____/____/____
 Forward Roll ____/____/____
 Cartwheel ____/____/____
 Headstand Hold (3s) ____/____/____
 Bridge Hold (5s, no head touch) ____/____/____

ADVANCED BEGINNER ____/____/____
 Backwards Roll ____/____/____
 Backbend Kickover ____/____/____
 Handstand Forward Roll ____/____/____
 Running Roundoff Rebound ____/____/____

INTERMEDIATE ____/____/____
 Standing Back Handspring ____/____/____
 Roundoff Back Handspring ____/____/____
 Front Walkover ____/____/____

ADVANCED ____/____/____
 Standing Back Handspring Series ____/____/____
 Roundoff Back Handspring Series ____/____/____
 Roundoff Whip/Tuck ____/____/____
 Standing Back Tuck ____/____/____

ELITE ____/____/____
 Roundoff Back Handspring Series Tuck ____/____/____
 Roundoff Whip Back Handspring Series ____/____/____
 Front Tuck Step-out Roundoff Back Handspring Series ____/____/____
 Roundoff Back Handspring Series to Full Twisting Layout ____/____/____

Non-Traditional Programs

Cheer Tumble Basic

LEVEL _____ **DATE** _____

LEVEL ONE ____/____/____
 Cartwheel ____/____/____
 Standing Roundoff Rebound ____/____/____
 Running Roundoff Rebound ____/____/____
 Back Bend ____/____/____

LEVEL TWO ____/____/____
 Back Walkover/Back Bend Kickover ____/____/____
 Front Walkover ____/____/____
 Power Hurdle Roundoff Rebound ____/____/____

Boys' Classes

LEVEL _____ **DATE** _____

SUB-BEGINNER ____/____/____
 Pike Position ____/____/____
 Squat Position ____/____/____
 Straddle Position ____/____/____
 Tuck Position ____/____/____

BEGINNER ____/____/____
 Forward Roll ____/____/____
 Cartwheel ____/____/____
 Headstand/Handstand Hold (3s) ____/____/____
 Bridge Hold (5s, no head touch) ____/____/____

ADVANCED BEGINNER ____/____/____
 Backwards Roll ____/____/____
 Handstand Fall to Bridge Hold (5s) ____/____/____
 Handstand Forward Roll ____/____/____
 Running Roundoff Rebound ____/____/____

NOTES: _____

