Flexibility Testing   On a 1 to 10 scale (10 being hyper extended)   Name:

Month	Pike	Straddle	Left split	Right split	Middle split	Bridge
September						
October						
November						
December						
January						
February						
March						
April						
May						
June						

Conditioning Testing   If a certain max is reached difficulty will be added   Name:

Month	Endurance test (3 min)	Push- ups (#)	Handstand hold (sec)	wall-sit (sec)	Tuck hold (sec)	
September						
October						
November						
December						
January						
February						
March						
April						
May						
June						

Cheer

Skill

Body Position			
Lib	Master	Working	Introduced
Stretch	Master	Working	Introduced
Bow	Master	Working	Introduced
Scale	Master	Working	Introduced
Scorpion	Master	Working	Introduced
Stationary stunts			
Knee stand	Master	Working	Introduced
Knee stand level lib	Master	Working	Introduced
Knee stand level body position	Master	Working	Introduced
Load	Master	Working	Introduced
Straddle sit	Master	Working	Introduced
Extended straddle sit	Master	Working	Introduced
Pre	Master	Working	Introduced
Extension	Master	Working	Introduced
Pre level lib	Master	Working	Introduced
Extended level lib	Master	Working	Introduced
Release Stunts			
Switch up to knee stand	Master	Working	Introduced
Switch up to pre	Master	Working	Introduced
Switch up to extension	Master	Working	Introduced
Ball up to knee stand	Master	Working	Introduced

Ball up to pre	Master	Working	Introduced
Ball up to extension	Master	Working	Introduced
Twisting stunts			
½ up to pre 2 feet	Master	Working	Introduced
Full up to pre 2 feet	Master	Working	Introduced
1 ½ up to pre 2 feet	Master	Working	Introduced
½ up to pre lib	Master	Working	Introduced
Full up to pre lib	Master	Working	Introduced
1 ½ up to pre lib	Master	Working	Introduced
½ around at pre	Master	Working	Introduced
Full around at pre	Master	Working	Introduced
½ up to extension	Master	Working	Introduced
Dismounts			
Cradle toss	Master	Working	Introduced
Full twist cradle toss	Master	Working	Introduced
Pre dismount to cradle	Master	Working	Introduced
Extended dismount to cradle	Master	Working	Introduced
Full down from pre	Master	Working	Introduced
Full down from extension	Master	Working	Introduced