



# PERFORMANCE CHEER SKILLS ASSESSMENT CARD

Date:	
Athlete Name:	
Coach Name:	
<input type="checkbox"/> New Team Member <input type="checkbox"/> Returning Team Member <input type="checkbox"/> Previous Cheer Experience: _____	

## BEHAVIORAL EVALUATION

Reacts to verbal direction:	
Refocus after correction:	
Needs physical que;	

## SKILLS EVALUATION

<b>P O M</b>	Style Execution: Pom Motion Technique	<input type="checkbox"/> Placement <input type="checkbox"/> Control <input type="checkbox"/> Precise and strong <input type="checkbox"/> Completion of movement
	Movement Tech. Execution:	<input type="checkbox"/> Strength <input type="checkbox"/> Intensity <input type="checkbox"/> Placement <input type="checkbox"/> Control <input type="checkbox"/> Presence & Commitment
	Skill Technique:	<input type="checkbox"/> Demonstrates appropriate level skills with correct placement <input type="checkbox"/> Control <input type="checkbox"/> Body alignment <input type="checkbox"/> Extension <input type="checkbox"/> Balance <input type="checkbox"/> Strength <input type="checkbox"/> Completion of movement
<b>H I P H O P</b>	Style Execution:	<input type="checkbox"/> Authentic Groove <input type="checkbox"/> Quality of authentic hip hop/street style
	Movement Tech. Execution:	<input type="checkbox"/> Strength <input type="checkbox"/> Intensity <input type="checkbox"/> Placement <input type="checkbox"/> Control <input type="checkbox"/> Presence & Commitment
	Skill Technique:	<input type="checkbox"/> Demonstrates appropriate level skills with correct placement <input type="checkbox"/> Control <input type="checkbox"/> Body alignment <input type="checkbox"/> Extension <input type="checkbox"/> Balance <input type="checkbox"/> Strength <input type="checkbox"/> Completion of movement
<b>J A Z Z</b>	Style Execution:	<input type="checkbox"/> Continuity of movement <input type="checkbox"/> Style <input type="checkbox"/> Extension <input type="checkbox"/> Presence/Carriage
	Movement Tech. Execution:	<input type="checkbox"/> Strength <input type="checkbox"/> Intensity <input type="checkbox"/> Placement <input type="checkbox"/> Control <input type="checkbox"/> Presence & Commitment
	Skill Technique:	<input type="checkbox"/> Demonstrates appropriate level skills with correct placement <input type="checkbox"/> Control <input type="checkbox"/> Body alignment <input type="checkbox"/> Extension <input type="checkbox"/> Balance <input type="checkbox"/> Strength <input type="checkbox"/> Completion of movement
<b>H I G H K I C K</b>	Style Execution:	<input type="checkbox"/> Posture <input type="checkbox"/> Flexibility/Extension <input type="checkbox"/> Control <input type="checkbox"/> Foot Prep <input type="checkbox"/> Hook Up
	Movement Tech. Execution:	<input type="checkbox"/> Strength <input type="checkbox"/> Intensity <input type="checkbox"/> Placement <input type="checkbox"/> Control <input type="checkbox"/> Presence & Commitment
	Skill Technique:	<input type="checkbox"/> Demonstrates appropriate level skills with correct placement <input type="checkbox"/> Control <input type="checkbox"/> Body alignment <input type="checkbox"/> Extension <input type="checkbox"/> Balance <input type="checkbox"/> Strength <input type="checkbox"/> Completion of movement