

POP WARNER CHEER AND DANCE CHAMPIONSHIPS 2024 HEAD COACH DECLARATION CHECKLIST



<u>HEAD COACH INFORMATION</u>	<u>DETAILS</u>
Head Coach Name	
Contact E-mail	
Contact Cell	
Age Division	
Cheer Skill Level (1,2,3,4, Core)	
Dance (Pom, Theme or Hip Hop)	
Number of Participants	

<u>CHEER/DANCE APPROVAL ITEM PRIOR YEAR</u>	<u>TASK</u>
2024 Head Coach Rostered Title 2023	<input type="checkbox"/> Head Coach <input type="checkbox"/> Assistant Coach <input type="checkbox"/> Coordinator <input type="checkbox"/> N/A
2024 Head Coach Skill Division 2023	<input type="checkbox"/> SC1 <input type="checkbox"/> SC2 <input type="checkbox"/> SC3 <input type="checkbox"/> SC4 <input type="checkbox"/> POM <input type="checkbox"/> THEME <input type="checkbox"/> Hip Hop

Returning Number of Participants from 2023 and Level 2023	
2023 National Team Placement	<input type="checkbox"/> 1st <input type="checkbox"/> 2nd <input type="checkbox"/> 3rd <input type="checkbox"/> 4th <input type="checkbox"/> 5th <input type="checkbox"/> N/A
2023 National Team Skill Level	<input type="checkbox"/> SC1 <input type="checkbox"/> SC2 <input type="checkbox"/> SC3 <input type="checkbox"/> SC4 <input type="checkbox"/> POM <input type="checkbox"/> THEME <input type="checkbox"/> Hip Hop
2022 National Team Placement	<input type="checkbox"/> 1st <input type="checkbox"/> 2nd <input type="checkbox"/> 3rd <input type="checkbox"/> 4th <input type="checkbox"/> 5th <input type="checkbox"/> N/A
2022 National Team Skill Level	<input type="checkbox"/> SC1 <input type="checkbox"/> SC2 <input type="checkbox"/> SC3 <input type="checkbox"/> SC4 <input type="checkbox"/> POM <input type="checkbox"/> THEME <input type="checkbox"/> Hip Hop

<u>CHEER ONLY APPROVAL ITEM (Current Year - Majority of Team)</u>	<u>BASED ON SKILLS PROGRESSION SHEET SKILL LEVEL - SEPTEMBER 1st</u>
Skills: Stunts	<input type="checkbox"/> SC1 <input type="checkbox"/> SC2 <input type="checkbox"/> SC3 <input type="checkbox"/> SC4 <input type="checkbox"/> Core
Skills: Jumps	<input type="checkbox"/> SC1 <input type="checkbox"/> SC2 <input type="checkbox"/> SC3 <input type="checkbox"/> SC4 <input type="checkbox"/> Core
Skills: Pyramids	<input type="checkbox"/> SC1 <input type="checkbox"/> SC2 <input type="checkbox"/> SC3 <input type="checkbox"/> SC4 <input type="checkbox"/> Core
Skills: Dismounts	<input type="checkbox"/> SC1 <input type="checkbox"/> SC2 <input type="checkbox"/> SC3 <input type="checkbox"/> SC4 <input type="checkbox"/> Core
Skills: Tumbling	<input type="checkbox"/> SC1 <input type="checkbox"/> SC2 <input type="checkbox"/> SC3 <input type="checkbox"/> SC4
Skills: Tosses	<input type="checkbox"/> SC1 <input type="checkbox"/> SC2 <input type="checkbox"/> SC3 <input type="checkbox"/> SC4

<u>Approval Signatures</u>	
Head Coach	
Association Coordinator	

<u>Name of Organization</u>

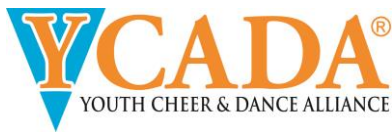


YCADA SKILL LEVEL CHECKLIST

Use this tool (per stunt group) to assess your team's skill level and determine which level you will perform/declare.

Legal Starting at Level	Athlete's Name: _____	Athlete's Name: _____	Athlete's Name: _____	Athlete's Name: _____	Athlete's Name: _____
	Date Completed	Date Completed	Date Completed	Date Completed	Date Completed

STUNTS	Double Based Knee Stand	1L				
	Knee Stand Liberty	1L				
	Double Base Thigh Stand	1L				
	Waist Level Two Leg Stunt	1L				
	Shoulder Sit	1L				
	Extension Prep	1L				
	Thigh Stand Liberty	1				
	Waist Level Double Based Liberty	1				
	Waist Level Single Based Liberty	1				
	Ground Level Inversion to Ground Level	1				
	1/4 Up Extension Prep	1				
	Prep Liberty	2				
	1/2 Up Extension Prep	2				
	1/4 Up Prep Liberty	2				
	Prep Level Stretch or Arabesque	2				
	Extension Prep Press To Extension	2				
	Extension	2				
	1/4 Up Extension	2				
	1/2 Up Extension	2				
	Ground Level Inversion to Load-In/Sponge	2				
	Extended Liberty	3				
	Handstand to Below Prep Level Stunt	3				
	Extended Stretch or Arabesque	3				
	Ground Level Inversion to Prep Level Stunt	3				
	Switch Up Prep Liberty	3				
	Full Up Extension Prep	3				
	1/2 Up Extended Liberty	3				
	Switch Up Extended Liberty	4				
	Full Up Extension	4				
	Full Up Extended Liberty	4				
Tic-Toc Extended Liberty	4					
Ground Level Inversion to Extended Level Stunt	4					



YCADA SKILL LEVEL CHECKLIST

Use this tool (per stunt group) to access your team's skill level and determine which level you will perform/declare.

Legal Starting at Level

Athlete's Name: _____

Athlete's Name: _____

Athlete's Name: _____

Athlete's Name: _____

Athlete's Name: _____

Date Completed

Date Completed

Date Completed

Date Completed

Date Completed

DISMOUNTS

Step Off	1L				
Bump Down	1L				
Prep Level Pop Off	1L				
Straight Ride Cradle from Extension Prep	1				
1/4 Turn Cradle from Extension Prep	1				
Straight Ride Cradle from Extension	2				
Straight Ride Cradle from Prep Level Liberty	2				
1/4 Turn Cradle from Extension	2				
1/4 Turn Cradle from Prep Arabesque (i.e. Toe Touch, Kick, Ball, Pike etc.)	2				
1/4 Turn Cradle from Extended Arabesque	3				
Single Twist Cradle from Extension Prep	3				
Single Twist Cradle from Extension	3				
Single Twist Cradle from Prep Level Liberty or Stretch (i.e. Hitch Kick, Ball X, Pike X, etc.)	3				
Single Twist Cradle from Extended Liberty or Stretch	4				
Kick Full Cradle from Extension Prep	4				

TUMBLING

Forward/Backward Roll	1L				
Handstand	1L				
Cartwheel	1L				
Round Off	1L				
Back Limber to Back Walkover	1				
Front/Back Walkover	1				
Valdez	1				
Dive Roll	2				
Single Front/Back Handspring	2				
Toe Touch to Back Handspring	2				
Round Off Back Handspring Series	2				
Consecutive Handspring Series	3				
Toe Touch Back Handspring Series	3				
Round Off Back Tuck	3				
Round Off Back Handspring Back Tuck	3				
Side Aerial	3				
Running Front Tuck	3				
Standing Back Tuck	4				
Toe Touch Back Tuck	4				
Toe Touch Back Handspring Back Tuck	4				
Front Aerial	4				
Round Off Back Handspring Layout or Pike	4				
Round Off Back Handspring X-Out	4				
Round Off Back Handspring Full Twisting Layout	4				

TOSSES

Straight Ride Toss	2				
(Ball, Toe Touch, Kick, Pike)	3				
(Ball Star, Pike Star, Pretty Flyer-Kick)	3				
Non-Twisting Two Trick Toss	4				
Trick with Single Twist Combinations (Kick Full)	4				



**YCADA LEVEL 1 LIMITED
STUNT PROGRESSION TRACKER**

 YCADA LEVEL 1 LIMITED STUNT PROGRESSION TRACKER	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:
	Date Completed	Date Completed	Date Completed	Date Completed	Date Completed
Below Knee Stand Liberty					
Below Knee Stand Heel Stretch					
Below Knee Stand Arabesque					
Below Knee Stand Cupie					
Knee Stand Liberty					
Knee Stand Heel Stretch					
Knee Stand Arabesque					
Knee Stand Cupie					
Double Based Knee Stand Step Off the Back Dismount					
Thigh Stand Cupie Step Off the Back Dismount					
Double Based Thigh Stand Step Off the Front Dismount					
Waist Level Two Leg Bump Down Dismount					
V-Sit (At Chest Level)					
Shoulder Sit Thigh Stand Mount Off the Back Dismount					
Extension Prep Step Off The Front Dismount					
Extension Prep Bump Down Dismount					
Extension Prep Jump Load-In					
Extension Prep Hitch					
Extension Prep Pop Off Dismount					



**YCADA LEVEL 1
STUNT PROGRESSION TRACKER**

	Athlete's Name: _____	Athlete's Name: _____	Athlete's Name: _____	Athlete's Name: _____	Athlete's Name: _____
	Date Completed	Date Completed	Date Completed	Date Completed	Date Completed
Knee Stand Cupie Step Off the Back Dismount					
Knee Stand Liberty					
Knee Stand Heel Stretch					
Knee Stand Arabesque					
1/4 Up Knee Stand Cupie					
1/4 Up Knee Stand Liberty					
Double Based Knee Stand Step Off the Back Dismount					
Thigh Stand Cupie Step Off the Back Dismount					
Thigh Stand Liberty					
Thigh Stand Heel Stretch					
Thigh Stand Arabesque					
1/4 Up Thigh Stand Cupie					
1/4 Up Thigh Stand Liberty					
Double Based Thigh Stand Step Off the Front Dismount					
1/4 Up Double Based Thigh Stand					
Waist Level Two Leg Bump Down Dismount					
Waist Level Two Leg Cradle Dismount					
1/4 Up Waist Extension Prep					
Waist Level Double Based Liberty Bump Down Dismount					
Waist Level Single Based Liberty Bump Down Dismount					
Waist Level Single Based Heel Stretch					
Waist Level Single Based Arabesque					
1/4 Turn Waist Level Double Based Torch					
1/4 Turn Waist Level Single Based Torch					
Shoulder Sit Thigh Stand Mount Off the Back Dismount					
Toss Shoulder Sit					
Flatback Lower to Ground Dismount					
Flatback Lower to Cradle Dismount					
Cradle Reload					
Press to Extended Flatback Cradle Dismount					
Extension Prep Show-N-Go					
Extension Prep Step Off The Front Dismount					
Extension Prep Bump Down Dismount					
Extension Prep Jump Load-In					
Extension Prep Hitch					
1/4 Up Sponge					
1/4 Up Extension Prep					
Ground Level Inversion to Ground Level					
Extension Prep Cradle Dismount					
Extension Prep Pop Off Dismount					
Extension Prep 1/4 Turn Cradle Dismount					



**YCADA LEVEL 2
STUNT PROGRESSION TRACKER**

	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:
	Date Completed	Date Completed	Date Completed	Date Completed	Date Completed
1/2 Up Sponge					
1/2 Up Extension Prep					
Show-N-Go					
Extension Prep Press Extension Bump Down Dismount					
Extension Cradle Dismount					
Extension 1/4 Turn Cradle Dismount					
Cupie (Group Based)					
1/2 Up Extension					
Extension Prep Alternate Cradle Dismount: Ball, Pike, Toe Touch, Kick					
Show-N-Go Prep Liberty					
Prep Liberty Bump Down Dismount					
Prep Liberty Cradle Dismount					
Prep Heel Stretch					
Prep Arabesque					
Barrel Roll					
Prep Liberty 1/4 Turn Cradle Dismount					
Prep Arabesque 1/4 Turn Cradle Dismount					
1/4 Turn Prep Torch					
1/2 Up Prep Liberty					
Ground Level Inversion to Load-In/Sponge					
Ground Level Inversion to Waist Level Stunt					



**YCADA LEVEL 3
STUNT PROGRESSION TRACKER**

	Athlete's Name: _____	Athlete's Name: _____	Athlete's Name: _____	Athlete's Name: _____	Athlete's Name: _____
	Date Completed	Date Completed	Date Completed	Date Completed	Date Completed
Extension Pop Off Dismount					
Show-N-Go Liberty					
Liberty Bump Down Dismount					
Liberty Cradle Dismount					
High Torch					
Heel Stretch					
Arabesque					
Cross Stretch					
Bow-N-Arrow					
Scorpion					
Scale					
1/4 Turn High Torch					
1/2 Up Liberty					
Arabesque 1/4 Cradle					
Full Up Sponge					
Full Up Extension Prep					
Full Up Prep Liberty					
Full Twist Cradle Dismount Drill					
Extension Prep Full Twist Cradle Dismount					
Extension Full Twist Cradle Dismount					
Prep Liberty Full Twist Cradle Dismount					
Extension Prep Non-Twisting Two Trick Cradle Dismount					
Forward Suspended Rolls					
Ground Level Inversion to Prep Level Stunt					



**YCADA LEVEL 4 Stunt
TRACKER SHEET**

	Athlete's Name: _____	Athlete's Name: _____	Athlete's Name: _____	Athlete's Name: _____	Athlete's Name: _____
	Date	Date	Date	Date	Date
Switch Up Extended Liberty					
1/4 Turn Switch Up Liberty					
Extension Non- Twisting Two Trick Cradle Dismount					
Liberty Full Twist Cradle Dismount					
Heel Stretch Full Twist Cradle Dismount					
Arabesque 1 1/4 Twist Cradle Dismount					
Low to High Liberty					
Low Liberty to High Stretch					
Full Up Cupie					
Full Up Liberty					
Quick Toss Extension Prep					
Quick Toss Cupie					
Ball Up Cupie					
Ball Up Liberty					
1 & 1/2 Up Extension					
1 & 1/2 Up Liberty					
Forward Flipping Leap Frogs					
Ground Level Inversion to Extended Level Stunt					



**YCADA LEVELS 1-4
INVERSION PROGRESSION TRACKER**

	Legal Starting at Level	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:
		Date Completed	Date Completed	Date Completed	Date Completed	Date Completed
Ground Level Inversion To Ground Level	1					
Ground Level Inversion To Load In/Sponge	2					
Stunt	2					
Ground Level Inversion To Waist Level Single Leg Stunt	2					
Ground Level Inversion To V Sit (Chest Level)	2					
Ground Level Inversion To Shoulder Sit	2					
Ground Level Inversion To Extension Prep	3					
Ground Level Inversion To Prep Level Single Leg Stunt	3					
Back Walkover Exit Inversion From Cradle Postion	3					
Forward Suspended Roll	3					
Front Roll Exit Inversion From Prone Position	4					
Front Walkover Exit Inverion From Prone Positon	4					
Front Aerial Exit Inversion From Prone Position	4					
Forward Flipping Leap Frog	4					
Full Twisting Forward Suspended Rolls	4					
Ground Level Inversion To Extension	4					
Ground Level Inversion To Extended Single Leg Stunt	4					



**YCADA LEVELS 1-4
TUMBLING PROGRESSION TRACKER**

	Legal Starting at Level	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:
		Date Completed	Date Completed	Date Completed	Date Completed	Date Completed
Forward Roll	1L					
Backward Roll	1L					
Handstand	1L					
Cartwheel	1L					
Round Off	1L					
Back Limber to Back Walkover	1					
Front/Back Walkover	1					
Valdez	1					
Dive Roll	2					
Single Front/Back Handspring	2					
Advanced Jump to Back Handspring	2					
Round Off Back Handspring Series	2					
Consecutive Handspring Series	3					
Toe Touch Back Handspring Series	3					
Round Off Back Tuck	3					
Round Off Back Handspring Back Tuck	3					
Side Aerial	3					
Running Front Tuck	3					
Standing Back Tuck	4					
Toe Touch Back Tuck	4					
Toe Touch Back Handspring Back Tuck	4					
Front Aerial	4					
Round Off Back Handspring Layout or Pike	4					
Round Off Back Handspring X-Out	4					
Round Off Back Handspring Full Twisting Layout	4					



**YCADA LEVELS 2-4
TOSSES PROGRESSION TRACKER**

	Legal Starting at Level	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:
		Date Completed	Date Completed	Date Completed	Date Completed	Date Completed
Straight Ride Toss	2					
Ball	3					
Pike	3					
Toe Touch	3					
Kick	3					
Full Twist	3					
Ball Star	4					
Pike Star	4					
Pretty Flyer Kick	4					
Kick Full	4					