

## **Competitive Cheerleading Skills Class Level 1**

Competitive Cheerleading Level 1 is the first step young Cheerleaders take in the sport. Most Cheerleaders competing at this level have never cheered before or have not cheered for long. While the tumbling passes are simple in Competitive Cheerleading Level 1, they lay the right foundation for more advanced tumbling. It's very important to teach good conditioning habits at this stage because those habits are the framework for the increasingly difficult skills to follow as Athletes progress to more advanced levels of Cheerleading. The following lists the skills each Level 1 Cheerleader should be familiar with and able to perform.

MUST HAVE: Willingness to learn

### Level 1 Tumbling Skills

Standing-

Forward Roll, Back Roll, Cartwheel, Round Off, Bridge, Back Bend Kick Over, Front Limber, Hand Stand Step Down, Hand Stand Forward Roll

## **Competitive Cheerleading Skills Class Level 2**

Competitive Cheerleading Level 2 is the next level for advancing cheerleaders. Cheerleaders in this level generally have more than one year of Cheerleading experience, usually with a Youth Sports, Middle School, or High School Team. Athletes will need to be working on the back hand spring. The energy level required to execute this level skills is starting to increase so conditioning is key. Slightly more complex tumble passes become part of the package for Cheerleading Level 2 athletes. Cheerleaders at this level can perform all of the Level 1 Tumbling and Jump skills. The following lists the skills each Level 2 Cheerleader should be familiar with and able to perform.

MUST HAVE: Basic Cheer Jumps, Front and Back Walkover, Back Handspring

### Level 2 Tumbling Skills

Standing-

Hand Stand Longer than 3 Seconds, Back Roll Extensions, Front Walkover, Back Walkover, 1 Arm Cartwheel, Single Back Hand Spring, Back Walkover Back Hand Spring

Running-

Running Round Off Back Hand Spring, Front Walkover Round Off Back Handspring

### Level 2 Jumps Skills

Toe Touch, Pike, Hurdler, Combination Jumps (i.e. Double Toe Touch, Hurdler / Pike, Toe Touch / Pike)

### **Competitive Cheerleading Skills Class Level 3**

Competitive Level 3 Cheerleading is the intermediate level for advancing Cheerleaders and the first level on the road to Elite Cheerleading. This is where great Cheerleaders separate themselves from recreational Cheerleaders. The Cheerleaders in this level normally have had several years of Cheerleading, including All Star experience and they have started incorporating the back tuck. Cheerleaders at this level are expected to perform all of the Level 1 and Level 2 Tumbling and Jumps. This Level demands greater strength, flexibility, and endurance than Level 1 and Level 2. The following lists the skills each Level 3 Cheerleader should be familiar with and able to perform.

MUST HAVE: Intermediate Cheer Jump Skills, Back Hand Spring

Standing-

Back Hand Spring Series, Toe Touch Back Hand Spring

Running-

Round Off Back Hand Springs (3 or more), Aerial Cartwheel, Round Off Back Tuck, Round Off Back Hand Spring Tuck or Series With A Tuck, Front Tuck (Punch), Front Handspring

Level 3 Jumps Skills

Double Toe Touch, Pike, Hurdler, Combination Jumps (i.e., Toe Touch / Back Handspring, Double Toe Touch / Back Handspring, Multiple Jump Series)

### **Competitive Cheerleading Skills Class Level 4**

Competitive Cheerleading Level 4 is the first of the Advanced levels for All Star Cheerleaders. The Cheerleaders in this have significant experience in Cheerleading in both All Star and High School level. The Athletes have invested a lot of time practicing and have had advanced tumbling training, as well. The demands by coaches and instructors at Level 4 are more complex and require hours of training, conditioning, and practice. This level requires even greater commitment and focus. The Athletes at this level are older usually High School age. The following lists the skills each Level 4 Cheerleader should be familiar with and able to perform.

MUST HAVE: Advanced Cheer Jump Skills, Back Tuck

Standing-

Back Hand Spring Back Tuck, Back Tuck, Front Tuck, Jump Combo Into Front Tuck

Running-

Round Off Back Hand Spring Series With A Layout and Step Out, Whip Series, Front Hand Spring Step Out Into A Series, Series Into A Layout

Level 4 Jumps Skills

Double Toe Touch, Pike, Hurdler, Combination Jumps: Toe Touch / Back Handspring, Double Toe Touch / Back handspring, Multiple Jump Series / Back Hand Tuck

## **Competitive Cheerleading Skills Class Level 5**

Competitive Cheerleading Level 5 is one of the most exciting competition levels for Cheerleaders. It is also one of the most demanding competition levels of any sport! Cheerleaders in this level generally have been All Star Cheerleaders with more than four years of experience and have mastered, tumbling and jumps. These Athletes are fierce, committed, focused, and disciplined. They are able to perform at a high level with incredible precision and at an intensity level that is off the charts.

What does it take to be a Level 5 Cheerleader? The following lists the skills each Level 5 Cheerleader should be familiar with and able to perform.

**MUST HAVE SKILLS:** Advanced Cheer Jump, Whips, Full Twist

Standing-

2 Back Tucks In A Row , Double Toe Touch Back Tuck, Toe Touch Front Tuck, Jump Combo Into Front Tuck, Back Hand Spring Full Twist, Full Twist

Running-

Back Handspring Series Into A Full Twist, Specialty Series With A Full Twist

Level 5 Jumps Skills

Triple Toe Touch, Pike, Hurdler, Combination Jumps: Triple Toe Touch / Back Tuck, Multiple Jump Series / Back Handspring / Full Twist