



PERFECT STORM ATHLETICS TUMBLING PROGRAM

Level 2 Tumbling Checklist

Level 2 Basic

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> Back Handspring	<input type="checkbox"/> Round Off Back Handspring
<input type="checkbox"/> Back Handspring Stepout	<input type="checkbox"/> Cartwheel - Back Handspring
	<input type="checkbox"/> Front Handspring
	<input type="checkbox"/> Dive Roll

Athlete Name:

Date Tested: Coach:

Date Tested: Coach:

Date Tested: Coach:

Date Tested: Coach:

Date Tested: Coach:

Date Tested: Coach:

Date Tested: Coach:

Date Tested: Coach:

Level 2 Intermediate

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> Back Extension Roll - Back Handspring	<input type="checkbox"/> Round Off - Back Handspring Stepout
<input type="checkbox"/> Back Walkover - Back Handspring	<input type="checkbox"/> Round Off - Back Handspring Series (3)
<input type="checkbox"/> Back Walkover - Back Handspring Stepout	<input type="checkbox"/> Front Walkover - Round Off - BHS
	<input type="checkbox"/> Flyspring & Flyspring step out
	<input type="checkbox"/> Dive Roll Stepout

Level 2 Advanced

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> BWO - Back Handspring Stepout - BWO	<input type="checkbox"/> Flyspring step out - Round off - Back Handspring Series
<input type="checkbox"/> BWO Switch Leg - Back Handspring	<input type="checkbox"/> Cartwheel - Back Handspring Stepout - BWO - BHS/BHS Series
<input type="checkbox"/> Back Handspring Stepout - BWO - Back Handspring	<input type="checkbox"/> Round Off - Back Handspring Stepout - BWO - BHS/BHS Series
<input type="checkbox"/> Valdez - Back Handspring	<input type="checkbox"/> Front Handspring Series
<input type="checkbox"/> Valdez - BWO - Back Handspring/Stepout	

Notes: