

Cheerleading Workout Information Sheet

Keystone College Open Cheerleading Workout

Saturday, March 20, 2010 @ 9:00am

Gambal Athletic Center

Name: _____

Phone Number: _____ (Cell) _____

Email address: _____

Do you have a Facebook? _____

Name of High School/Grade: _____

Coaches Name: _____

Number of Years on the Team: _____

Did you perform in Competitions and/or Games only? _____

If Competitions, were they local or national? _____

Do you Plan on attending Keystone College? _____

Experience

Were you a base, flyer, or back? _____

Can you perform any of the following:

1. Straight up to Full? _____

2. Straight up to Lib/Heel Stretch/Arabesque? _____

3. Walk-in Lib? _____

4. Full-up/Full-down? _____

Any Additional Stunts? _____

Can you perform a Basket Toss? _____

1. Toe-touch Basket Toss? _____

2. Pike-open Basket Toss? _____

3. Kick-Full Basket Toss? _____

4. Back-Tuck Basket Toss? _____