

Certificate of Completion

This Certificate accredits that

JANE DOE

has successfully completed
Mid-America Region Online Spirit Education
on

JANUARY 1, 2016

Expires Dec 31, 2019

Jack S. Arnett
Jack Arnett
Regional Director
Mid-America Region Pop Warner

Millie Kimmons
Millie Kimmons
Regional Cheer & Dance Coordinator
Mid-America Region Pop Warner



CERTIFICATE OF COMPLETION

This certificate has been presented to

Jane Doe

For the completion of

YOUTH CHEER AND DANCE ALLIANCE
Y101PW



By YCADA

September 18, 2016



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:
Use this tool (per stunt group) to access your team's skill level and determine which level you will perform/declare.					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							
	1/4 Up Extension Prep	1							
	Prep Liberty	2							
	1/2 Up Extension Prep	2							
	1/4 Up Prep Liberty	2							
	Prep Stretch or Arabesque	2							
	Extension Prep Press To Extension	2							
	Extension	2							
	1/4 Up Extension	2							
	1/2 Up Extension	2							
	Handstand 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
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.								
DISMOUNTS	Step Off	1L						
	Bump Down	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	2						
	Non-twisting Alternate Cradle	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	3						
	Two Trick Non-Twisting Cradle	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						
	Single Front/Back Handspring	2						
	Toe Touch to Back Handspring	2						
	Round Off Back Handspring	2						
	Consecutive Handspring Series	3						
	Toe Touch Back Handspring Series	3						
	Round Off 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						
	Single Trick Non-Twisting Toss	3						
	Non-Twisting Two Trick Toss	4						
	Full Twist	4						
	Trick with Single Twist Combinations (Kick Full)	4						