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**WELCOME TO THE 2020-2021 STINGRAY ALLSTAR SEASON
GREENLIGHT FORM**

Deadline to have form turned in is Tuesday May 19, 2020. No exceptions!

Name: _____

Date of Birth: _____

2019-2020 Team: _____

Skills:

Last Season Stunt Position: _____

Stunt Skills Completed in the routine: _____

Standing Tumbling Completed:

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Running Tumbling Completed:

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Please circle the skills you have mastered ONLY for the level you are requesting to greenlight:

L1

L2

L3

L4

L5

<u>STANDING</u>	<u>RUNNING</u>
Valdez	FWO CW BWO
Switch Leg BWO	CW BWO
BWO	Round Off
Bridge k/o	

<u>STANDING</u>	<u>RUNNING</u>
BHS Step out BWO BHS	FWO R/O BHS
Switch leg BWO BHS	Front Handspring
BWO BHS	Round of 2 BHS
BHS	Round off BHS

<u>STANDING</u>	<u>RUNNING</u>
4 BHS	Front tuck
3 BHS	Aerial
	FWO R/O BHS Tuck
	ROBHSBT
	R/O tuck

<u>STANDING</u>	<u>RUNNING</u>
Standing Tuck	Layout Whip tuck
BWR Tuck	Whip through to layout
2BHS Tuck	FHS Front
1BHS Tuck	Aerial Tuck

<u>STANDING</u>	<u>RUNNING</u>
Standing tuck through to lay	Whip Punch full
Jumps to tuck	Whip through to full
2 to whip tuck/layout	PF to full
2 to layout	Running Full
	Arabian

Approved

Not-Approved

Allstar Director Signature: _____