

RIVERSIDE HEAT



Name		Position(s)	
DOB		Wt (Flyers only)	
Competitive Age	(as of Aug 31st)	Level	
Team(s)			

Category	Difficulty	Execution	Comments
Jump(s) Toe Touch & Jump Series			
Dance			
Tumbling Standing			
Tumbling Running			
Stunts			
Strength			
Flexibility			

Improvement Action Plan and Recommendations