



**OHIO**

**ADRENALINE**

**ELITE**

2024 - 2025

Evaluation Packet

# General Evaluation Information

**WHEN**

**SATURDAY,  
MAY 11TH!**

**303 EAST  
MAIN STREET  
LEXINGTON, OHIO!**

**WHERE**

**HOW**

**REGISTER  
ONLINE AT  
[OAECHIEER.COM!](http://OAECHIEER.COM)**



# Evaluation Process

- **Athletes are split based on ages**
- **Arrive 15 minutes prior to your athlete's time slot - This will be stretch and warm up time!**
- **Evaluations take about 15 minutes!**



# Evaluation Process

- **Coaches use a digital form and a ranking system for the technique of skills seen!**
- **All scores are averaged after evaluation day, and used to determine team placements!**



# Leveled Skill List

## Level 1

**Standing back walkover (BWO)**

**Cartwheel BWO series**

**Front walkover to cartwheel BWO series**

**Valdez**

## Level 2

**Standing back handspring (BHS)**

**BHS BWO BHS**

**Front walkover roundoff BHS**

**Flyspring Front walkover roundoff BHS**

## Level 3

**Standing back handspring series (3)**

**Jump to BHS series or jump BHS jump BHS**

**Front walkover roundoff BHS tuck**

**Front walkover aerial**

**Front handspring punch front**

# Frequently Asked Questions

## **Do evaluations take the entire time?**

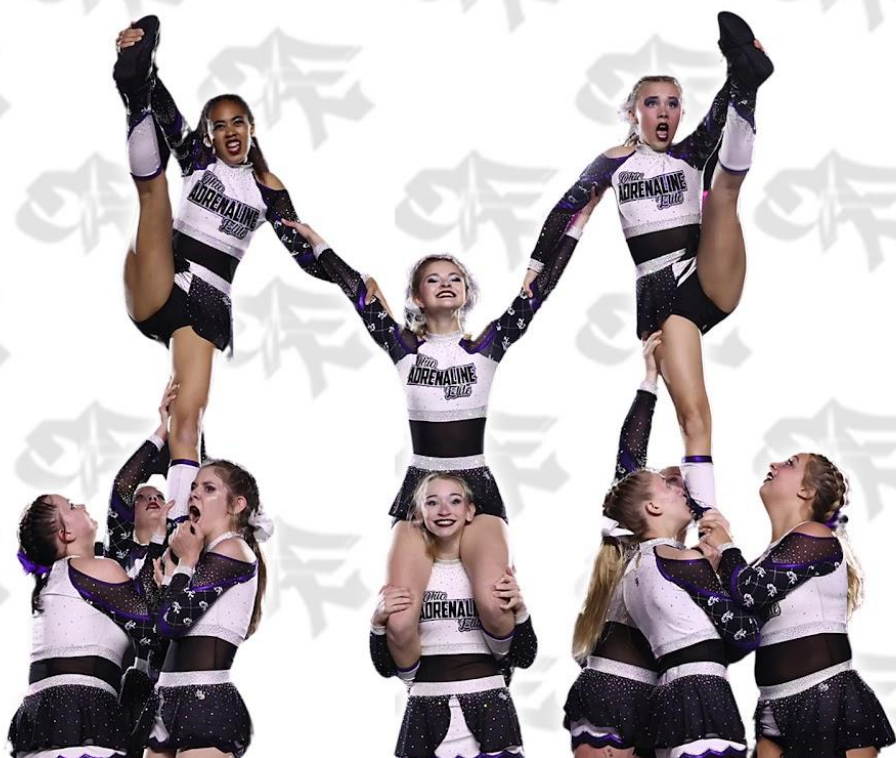
No! Each athlete will be placed into a 15 minute group window, closer to evaluations!

## **How early should we arrive?**

You should arrive no earlier than 15 minutes before your assigned window! This will also be your athletes time to stretch and warm up!

## **Is there a difference between private evaluations and standard?**

Yes! All private evaluations receive a 0 in their confidence score, standard group evaluations provide an accurate gauge of how athletes perform in a pressurized environment!



# Program Commitment Day

## **What is commitment day?**

At OAE we are a program first gym, meaning that we place our teams so that the entire program is strong when competing!

In order to assure that all of our members are committed to the program as a whole, we have commitment day prior to team placements!

Commitment day helps our coaches to make informed and strong decisions when placing teams for our season!

## **Will I know what team/level my athlete is on at commitment day?**

No - levels and teams will be announced 4 days later, during team reveal at the gym and via social media!

You will find out if your athlete is invited to join either our Novice, Prep, or Elite tier and if your athlete has been invited to crossover to a second team before committing.

# Season 11 Information

**All information for Novice, Prep, and Elite teams can be found on our website!**

**Visit [www.oaecheer.com/season11](http://www.oaecheer.com/season11) for pricing, practice info, and our competitive tiers explained!**

**We understand all-star cheerleading is a large commitment, so we try our best to keep everything transparent to our members!**





# Contact us!

**For any questions feel free to reach out!**

**Facebook:**

**Ohio Adrenaline Elite Cheerleading and Tumbling**

**Instagram:**

**@OhioAdrenalineElite**

**Call or Text:**

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