

PCA SELF-EVALUATION & TEAM INFORMATION FORM:

Please see a PCA Staff Member or Refer to Available Charts for Stunting and
Tumbling Requirements per level.

TUMBLING SKILLS		1	2	3	4	5
STANDNG		1	2	3	4	5
RUNNING		1	2	3	4	5
STUNTING		1	2	3	4	5
BASE	N/A	1	2	3	4	5
BACKSPOT	N/A	1	2	3	4	5
FLYER	N/A	1	2	3	4	5

Would you accept any position on ANY PCA Team?

YES

NO

If NO, which level are you interested in being considered for?

Level 1

Level 2

Level 3

Level 4

Level 5

**** Please understand that you must be true to your level, and meet 2 out of 3 requirements for that level in order to be considered. ****

Are you interested in being on more than one team (cross-over)?

YES

NO

What type of team(s) would you like to be considered for? (circle one or more)

National

Regional

Youth/Rec

Open Level