



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



Name: _____ Class: (day & time) _____ Coach: _____

Acro Individual Skills

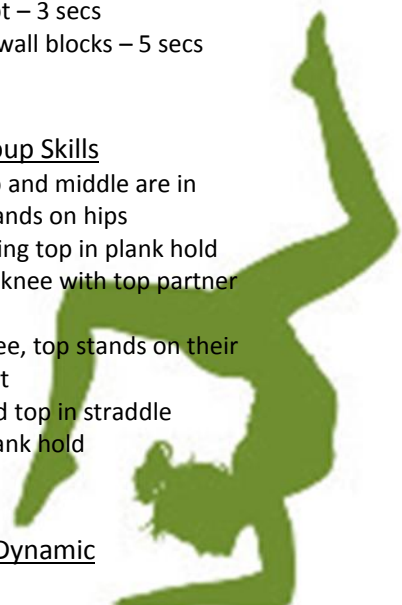
- Front limber without assistance
- Back limber with assistance
- Cartwheel good leg
- Cartwheel other leg attempt
- Tripod – 3 secs
- Pop ups to plank position
- Headstand attempt – 3 secs
- Handstand to the wall blocks – 5 secs

Acro Group Skills

- Base in bridge, top and middle are in half bridge with hands on hips
- Base on floor holding top in plank hold
- Stand on partners knee with top partner leg in attitude
- 2 bases on one knee, top stands on their knees with support
- Base on knees hold top in straddle
- Plank hold on a plank hold

Group Dynamic

- Listens to coach
- Follows instruction
- Stays with group
- Cooperates with peers



CONGRATULATIONS!

Acrobatic Level 7

Flexibility Goals

- Deep pike stretch (8 + pike hold 12 secs)
- Deep straddle stretch (8 + straddle hold 12 secs)
- Long bridge with straight legs together
- Short bridge hands close to feet
- Right splits – 14 secs
- Left splits – 14 secs
- Middle splits – 14 sec
- 2 out of 3 splits close to floor

Strength Goals

- Tuck ups – 15
- Squats to block - 15
- Back Lifts - 15
- Plank hold – 30 sec
- Push ups – 14
- Box jumps - 25
- Sit ups – 18

Agility

- Skipping 1 min 30 secs

Completed Level

Session: Fall/Winter/ Spring

Year:

Continuing to work towards completing level