



# EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



Name: \_\_\_\_\_ Class: (day & time) \_\_\_\_\_ Coach: \_\_\_\_\_

### Floor

- Front roll down incline
- Back roll down incline
- 90° handstand against wall
- Cartwheel over block
- Bridge
- Pike & Straddle Stretch

### Rings

- Tuck Hang (3 secs)
- Bent arm hang (3 secs)
- 3 beat swings

### Vault

- Run 10 metres
- 2 feet jump onto block
- Run hurdle (1 ft – 2 ft)
- Run straight jump off mini tramp

### Parallel Bars

- Tuck hang under bars (5 secs)
- Cross support (5 Secs)
- Monkey walk down incline
- Tuck inverted hang (3 secs)

### High Bar

- Jump to front support
- 2 chin ups (body horizontal & feet on block)
- Front support front roll LB
- Monkey walk (tight body)
- Hip pullover (assisted)

# Level 1



### Trampoline

- Straight jump
- Tuck jump
- Star jump
- ½ turn
- Seat drop
- Doggy drop

### Mushroom

- 2 double leg circles (feet on floor)
- Front support
- 5 times touch chest

### Pommel Horse

- Jump to front support (hold 5 secs)
- Jump to squat
- Jump off stick landing

### Strength Goals

- ¼ rope climb
- \_\_\_ 5 sit ups
- \_\_\_ 3 push ups
- \_\_\_ 3 leg lifts (assisted)

### Group Dynamic

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

\*Athletes are only eligible to move into the next level if they have no more than two missed event skills.

Session: Fall/Winter/ Spring Year: \_\_\_\_\_

Completed Level

Continuing to work towards completing level