



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Floor

- Front roll stand up
- Straddle front roll down incline
- Cartwheel
- Back roll on floor (assisted)
- Handstand against wall
- Kick to handstand against wall

Rings

- Tuck Hang (5 secs)
- Bent arm hang (5 secs)
- Tuck inverted hang (5 secs)
- 5 beat swings

Vault

- Run 15 metres
- Run hurdle straight jump mini tramp
- Run hurdle tuck jump mini tramp
- Run straight star jump mini tramp

Parallel Bars

- Tuck inverted hang (5 secs)
- Pike inverted hang (3 secs)
- Cross support (10 Secs)
- Cross support tuck hold
- upper arm hang (5 secs)
- Cross support swing to straddle sit

High Bar

- 3 casts
- 5 chin ups (body horizontal & feet on block)
- Chin up hold (5 secs)
- 3 beat swings

Level 2



Trampoline

- Jump full turn
- Seat drop stand up
- Seat drop to doggy drop

Mushroom

- 4 double leg circles (feet on floor)
- Front support legs on block
- 10 times touch chest

Pommel Horse

- front support (10 secs)
- Jump to knees push through rear support dismount

Strength Goals

- 1/2 rope climb
- ___ 7 sit ups
- ___ 5 push ups
- ___ 5 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