



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Floor

- Front roll stand up no hands
- Straddle front roll
- Back roll to squat down incline
- Cartwheel straight legs
- Handstand against wall
- Kick to handstand
- Splits ½ way

Rings

- Bent arm hang in tuck
- Tuck inverted hang
- Pike inverted hang
- 3 long swings (assisted)

Vault

- Run hurdle ½ turn mini tramp
- Knees on vault
- Squat on vault

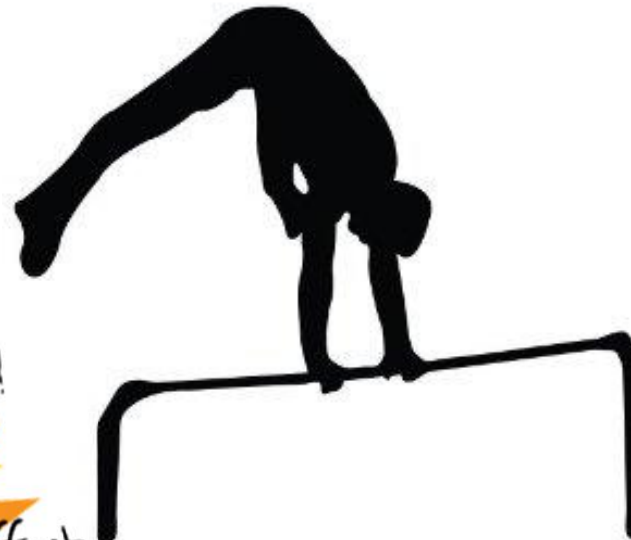
Parallel Bars

- Pike inverted hang (5 secs)
- Cross support tuck (10 secs)
- Upper arm 3 swings
- Cross support 2 swings to straddle sit

High Bar

- Front support front roll high bar
- 3 casts in front support
- 3 beat swings re-grasp
- 5 chin ups assisted
- Straddle hang
- Chin up hip pullover

Level 3



Trampoline

- 3 straddle jumps
- Seat drop ½ turn
- Full turn
- Seat – doggy – seat combination
- Front support stomach drop to front support

Mushroom

- 5 double leg circles (feet on floor)

Pommel Horse

- 3 side leg raises in front support (each leg)

Strength Goals

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

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