



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Floor

- Front roll jump 1/2 turn
- Back roll to squat
- Cartwheel on line
- Kick to handstand hold
- Jump full turn
- 10 - 2 foot jumps
- 5 banana rocks

Rings

- Jump through tuck inverted hang to dismount
- Jump forward through tuck inverted hang to dismount
- Cross support (5 secs)
- Pike hang (5 secs)
- Straight inverted hang (assisted)
- 5 long swings

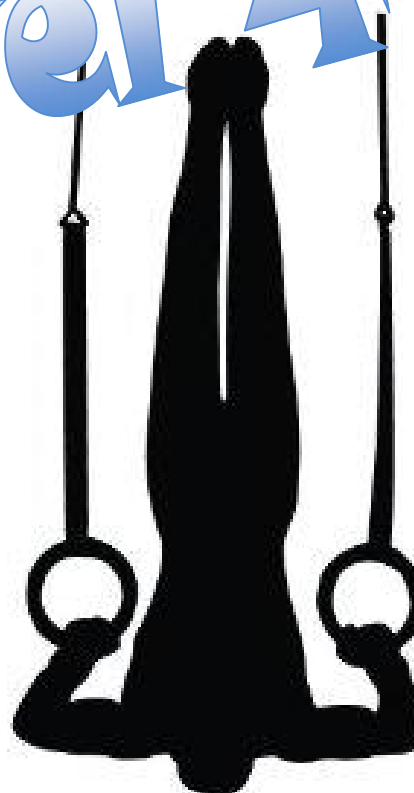
Vault

- Run squat on table
- Run straight jump onto vault (arm circle)
- 5 donkey kicks with hands on table

Parallel Bars

- Cross support 5 swings
- Straddle sit hands in front swing through to straddle sit

Level 4



High Bar

- 6 Chin ups (assisted)
- 3 long hang swings
- 5 leg lifts
- 3 casts hips off bar

Trampoline

- Seat drop 1/2 turn seat drop
- Seat - doggy- stomach drop
- 5 shape jump routine
- Front roll onto crash mat

Mushroom

- 1 arm front support
- Side support (5 Secs)
- Rear support (10 secs)

Pommel Horse

- 4 side leg swings
- Front support with 4 hand lifts

Strength Goals

- 3/4 rope climb
- ___ 8 sit ups
- ___ 6 push ups
- ___ 6 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