



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Floor

- Jump full turn (stick)
- Cartwheel
- Back roll straddle
- Lunge kick to handstand
- Handstand step down
- round off – off block
- 10 boat rocks (back)
- Scale on one leg

Rings

- 3 chin ups
- 3 long swings to inverted tuck hang
- Cross support (5 secs)
- Tuck cross support (5 secs)
- Tuck inverted hang (5 secs)
- Pike inverted hang (5 secs)
- Straight inverted hang

Vault

- Squat over vault mini tramp
- 3 donkey kicks to handstand
- Arm circle straight jump onto vault mini tramp
- From table kick to handstand flat back

Parallel Bars

- Cross support
- 1 line penguin walk (assisted)
- Jump to cross support – 2 swings to straddle sit

Level 5



High Bar

- 5 longs swings with re-grasp (assisted)
- Chin up hip pullover low bar
- Chin up hip pullover MB (assisted)
- 5 cast dismount
- Back hip circle (assisted)
- Under swing dismount low bar (assisted)

Trampoline

- Swivel hips
- Front roll to pike on mat
- 6 skill routine

Mushroom

- 360° jump to front support
- Front to rear support on floor (circle)
- ½ double leg circle

Pommel Horse

- Jump squat through to support
- 6 side leg swings

Strength Goals

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

Group Dynamic

- Listens to coach
- Follows instruction
- 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