



# EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

### Floor

- Handstand walking (assisted)
- Round off
- Back roll extension down incline
- Handstand front roll from wall
- Handstand hold on wall (20 secs)
- Hurdle cartwheel

### Rings

- 5 chin ups
- Cross tuck support (10 secs)
- L- support (3 secs)
- Routine: tuck-pike-straight-tuck inverted hang

### Vault

- Straddle over
- Squat over
- Beat board take off
- Knees on table beat board
- Handstand flat back (assisted)

### Parallel Bars

- Cross support (5 swings)
- 3 dips
- 1 line of penguin walk
- Straddle sit to swing
- Cross ½ turn

# Level 6



### High Bar

- Chin up hip pullover
- Back hip circle
- Under swing dismount
- 5 chin ups (assisted)
- 3 leg lifts
- 5 long swings with re-grasp

### Trampoline

- 4 Swivel hips
- Roller

### Mushroom

- 4 shoulder hops in front support
- ¾ double leg circle

### Pommel Horse

- Front support – mixed support
- 6 side leg swings
- Side support (5 secs)

### Strength Goals

- Full rope climb
- \_\_\_ 8 sit ups
- \_\_\_ 8 push ups
- \_\_\_ 8 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