



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Floor

- Y scale (5 secs)
- Cartwheel both ways
- Front roll to cartwheel
- Handstand walking
- Back roll extension (assisted)
- Handstand front roll
- Handstand snap down
- Hurdle round off
- Fall to bridge

Rings

- 6 chin ups
- 3 long swings to pike inverted hang
- Inverted pike hang to straight hang
- Hang to muscle up to support (assisted)
- Long swing rear dismount

Vault

- Handstand onto mats from 3 jumps mini tramp
- Handstand flat back onto mats mini tramp

Parallel Bars

- Penguin walk backwards ½ way
- 5 dips
- Cross support swings to horizontal
- Cross support swings to rear dismount

Level 7



High Bar

- Chin up hip pullover cast
- Back hip circle to long swing
- Back hip circle to under swing dismount
- 3 chin ups
- 5 leg lifts

Trampoline

- Stomach drop
- Back drop

Mushroom

- Walk around support 5 times
- 3 double leg circles in basket

Pommel Horse

- Travel from mixed support to front support and back
- 8 side leg swings

Strength Goals

- Full rope climb
- ___ 10 sit ups
- ___ 10 push ups
- ___ 10 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