



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Floor

- Handstand snap down jump to back on mat
- Round off rebound to mat
- Front handspring (assisted)
- Splits one way
- Back walkover (assisted)
- Handstand walking ½ floor

Rings

- Swing feet at ring height on back swing
- Muscle up to support
- 6 chin ups
- Skin the cat in pike
- 5 swing rear dismount
- L support to front roll inverted hang

Vault

- Handspring vault mini tramp
- Handstand flat back beat board
- Dive roll mini tramp

Parallel Bars

- Swing side dismount
- Back uprise from upper arm swing (assisted)
- Press to shoulder stand from straddle sit (assisted)

Level 8



High Bar

- Chin up hip pullover cast back hip circle to under swing dismount
- 8 leg lifts
- Long swing pullover (assisted)
- 5 chin ups

Trampoline

- Airplane
- Stomach drop to seat drop
- 10 skill routine

Mushroom

- 6 double leg circles in basket
- 1 double leg circle

Pommel Horse

- Cut off front and back

Strength Goals

- Full rope climb
- ___ 12 sit ups
- ___ 12 push ups
- ___ 12 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