



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Vault

- Consecutive 2 foot jumps
- Run 10 meters
- Hopping on 1 foot
- Straight jump off vault onto mat motorcycle stop

Bars

- Monkey walk
- Tight body hang motorcycle stop
- Jump to front support from block
- Various grips (normal, reverse & mixed)

Beam

- Forward, sideways & backwards walking on LB
- Static positions (v-sit & scales)
- Motorcycle stop off MB
- Tuck hold on LB (3 sec.)

Floor

- Supports on all sides
- Front roll down incline
- Donkey kicks
- Bridge
- Handstand against wall (stomach)



Trampoline

- Stop bounce
- Tight body jumps
- Arm circle jumps
- Shape jumps
- Seat drop

Flexibility Goals

- Right leg lunge
- Left leg lunge
- Pike stretch(touch toes)
- Straddle stretch (elbows on the floor)

Strength Goals

- ___ 5 sit-ups
- ___ 3 push-ups (from knees)

Rope

- ¼ rope climb
- Straddle hold (3 sec)

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