



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Vault

- Front handspring MT to feet
- BB flat back

Bars

- Squat on catch high bar
- Kip (assisted)
- Cast to horizontal
- Bar routine- hip pull over, cast back hip circle squat on jump off

Beam

- Cartwheel on LB
- Handstand on MB
- Front roll on HB
- Cartwheel to handstand LB

Floor

- ½ & 1/1 turn on 1 foot
- Back walk over
- Front walk over
- Hurdle round off
- Handstand snap down jump to back on a mat



Trampoline

- Stop bounce
- 8 skill routine

Flexibility Goals

- Pike stretch on beam (grab under beam)
- Right Split (down)
- Left Split (down)
- Middle Split (down)

Strength Goals

- ___ 5 chin ups
- ___ 5 leg lifts

Rope

- 1/1 rope climb

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