



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Vault

- Front handspring MT to feet
- BB flat back

Bars

- Kip (assisted)
- Front Hip circle (assisted)
- Cast to horizontal
- Bar routine- hip pull over back hip circle squat on catch high bar to 5 long swings

Beam

- Cartwheel on MB
- Handstand on MB – hold 2 secs
- Cartwheel to handstand LB – ¼ turn dismount (middle of beam)(assisted)
- Back walkover on floor beam (assisted)
- Split jump 90 degree

Floor

- Jump full turn – stick landing
- Back walkover
- Back Limber
- Front walkover
- Front Limber
- Hurdle round off to straddle jump
- Back Extension straight arms to pike stand down incline



Trampoline

- Stop bounce
- 8 skill routine

Flexibility Goals

- Pike stretch on beam (grab under beam) hold for 5 secs
- Right Split (down)
- Left Split (down)
- Middle Split (down)

Strength Goals

- ___ 6 chin ups
- ___ 6 leg lifts

Rope

- 1/1 rope climb
- 1/4 rope climb – legs in straddle

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