



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Vault

- Front handspring BB to feet assisted

Bars

- Kip (assisted)
- Front Hip circle
- Cast to horizontal
- Bar routine- hip pull over back hip circle squat on catch high bar to 2 long swings to long hip pullover
- 3 long swings to ½ turn (one hand change) to jump off bar

Beam

- Cartwheel on MB
- Cartwheel to handstand MB hold 2 secs – ¼ turn dismount (assisted)
- Back walkover on floor beam
- Split jump 90 degree to straight jump
- Heel snap turn

Floor

- Front walkover – cartwheel – back walkover combination
- Hurdle round off to straddle jump to jump full turn
- Handstand ½ turn pirouette
- Back Extension straight arms to front support down incline
- BHS drill (over boulder)



Trampoline

- Stop bounce
- 10 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