



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Vault

- 2 foot jumps onto block
- Run 15 meters
- Hurdle (1 foot to 2 feet jump)
- Knees on vault from MT 3 jumps

Bars

- Baby casts (tight body)
- Tuck hold on P-bars
- Jump to front support from block with straight arms
- Cast off bar onto block

Beam

- Forward, sideways & backwards walking on MB (assisted)
- Static lunge right & left leg
- Shape jumps off MB motorcycle stop
- Tuck hold on MB (3 sec.)

Floor

- Supports on all sides feet on block
- Front roll on a mat
- Back roll down incline (assisted)
- Bridge
- Handstand against wall (stomach)



Trampoline

- Stop bounce
- 5 tuck jumps
- 5 star jumps
- ¼ turn
- ½ turn

Flexibility Goals

- Right leg splits (attempt) straight legs & square hips (important)
- Left leg splits (attempt) straight legs & square hips (important)
- Pike stretch (touch toes)
- Straddle stretch (chin on the floor)

Strength Goals

- ___ 7 sit-ups
- ___ 5 push-ups (from knees)

Rope

- ½ rope climb
- Straddle hold (5 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