



# EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



Name: \_\_\_\_\_ Class: (day & time) \_\_\_\_\_ Coach: \_\_\_\_\_

### Vault

- 2 foot jumps off MT motorcycle stop on mat
- Run 20 meters
- Beat board MT 1-2 feet jump
- Squat, pike & straddle on position (not from jump)

### Bars

- Cast hips off bar feet below
- Front roll off bar (assisted)
- Beat swing (assisted)
- Chin up hip pull over (assisted)

### Beam

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

### Floor

- Baby cartwheel over small mat
- Back roll down incline (assisted)
- Hollow body hold (5 sec)
- Bridge lift up 1 leg (both legs)
- Handstand against wall (stomach)



### Trampoline

- Stop bounce
- 1/1 turn
- Doggy drop
- Seat drop stand up
- Stomach drop position

### Flexibility Goals

- Needle position
- Right Split (1/2 down)
- Left Split (1/2 down)

### Strength Goals

- \_\_\_ 1 chin up
- \_\_\_ 1 leg lift

### Rope

- 1/2 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