



# EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

### Vault

- Shape jumps off MT motorcycle stop on mat
- 0.5-1 meters 2 foot long jump
- Squat on vault from MT
- Run knees up & kick bum

### Bars

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

### Beam

- Forward & sideways kicks (tight legs)
- Releve hold
- Shape jumps off MB
- Pike hold on LB (3 sec.)

### Floor

- Baby cartwheel over small mat with straight legs
- Back roll down incline to stand (bent arms)
- Hollow body hold (10 sec)
- Bridge feet on block
- Handstand against wall (stomach)



### Trampoline

- Stop bounce
- 1/1 turn
- Seat drop to doggy
- Seat drop stand up 1/2 turn
- Jump to stomach drop position on mat

### Flexibility Goals

- Froggy
- Right Split (1/2 down)
- Left Split (1/2 down)

### Strength Goals

- \_\_\_ 3 chin up (lightly assisted)
- \_\_\_ 3 leg lift (lightly assisted)

### Rope

- 3/4 rope climb
- Pike 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