



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Vault

- 2 foot jumps off MT donkey kicks hands on block or vault
- 1-1.5 meters long jump
- 2 foot jump on vault MT
- Pike & straddle on vault MT

Bars

- Glide swing
- Back hip circle (assisted)
- Beat swing with re-grasp
- Chin up hip pull over

Beam

- Front roll (assisted)
- Develop walking MB
- Motorcycle stop off HB
- Jump to front support MB to cross support, stand

Floor

- Cartwheel over small mat
- Straddle front roll
- 5 Hollow body rocks
- Arch body hold (5 sec)
- Kick up to handstand against cheese step down lunge



Trampoline

- Stop bounce
- 5 shape jump routine
- Seat drop doggy drop stomach drop
- Front support (start position) stomach drop
- Back drop position

Flexibility Goals

- Right Split (1/2 down)
- Left Split (1/2 down)
- Middle Split (3/4 down)

Strength Goals

- ___ 2 chin up
- ___ 2 leg lift

Rope

- 1/1 rope climb

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