



# EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

### Vault

- 20 meter sprint
- 2 foot jump off beat board
- Shape jumps off BB
- Donkey kick to handstand

### Bars

- 3 glide swings in a row
- Long swing rear release (assisted)
- Back hip circle
- Jump straddle under swing from block

### Beam

- Front roll LB with beam pad
- Handstand step down lunge on line
- Straight jumps MB
- Pike hold on MB (5 sec.)

### Floor

- Cartwheel start position & lung end position
- Back roll down incline to pike stand (bent arms)
- Bridge kick over from block
- Walk hands down wall to bridge
- Kick to handstand



### Trampoline

- Stop bounce
- swivel hips
- Seat drop doggy drop roller (push front roll)

### Flexibility Goals

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

### Strength Goals

- \_\_\_ 5 V snaps
- \_\_\_ 5 heel drives
- \_\_\_ 2 chin up
- \_\_\_ 2 leg lift

### Rope

- 1/1rope 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