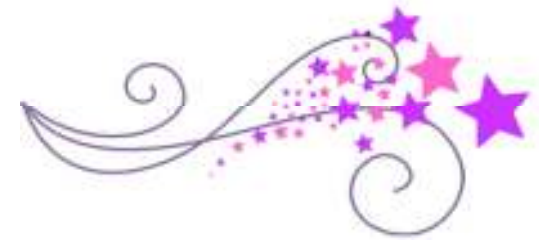




EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Vault

- 3 donkey kicks MT to flat back
- 1.5-2 meter long jump
- Jump ½ turn off vault motorcycle stop
- Squat, pike & straddle on BB

Bars

- Under swing dismount on low bar
- Hip pull over 3 cast back hip circle
- Long swing re-grasp rear release

Beam

- Complex 6 lines
- Handstand LB (assisted)
- Cartwheel on line
- Clear/straddle hold on LB (3 sec)

Floor

- Round off (off block)
- Fall to bridge from stand
- Handstand fall to bridge
- Bridge kick over on floor (assisted)
- Kick to handstand hold



Trampoline

- Stop bounce
- Bounce in back drop position
- Seat drop stomach drop

Flexibility Goals

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

Strength Goals

- ___ 3 chin up
- ___ 3 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