



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Vault

- Run handspring flat back (assisted) MT
- Dive roll off BB to shoulder height mat
- Straight Jump onto table with arm circle
- 2 meter long jump

Bars

- 3 long swings on HB to hip pull over
- Squat on jump off MB (assisted)
- Low Bar Routine- hip pull over, back hip circle, cast straddle on to under swing dismount (assisted)

Beam

- Routine with mount & dismount (athletes creation)
- Handstand to lunge on LB
- Round off dismount
- Tuck jump MB

Floor

- Back limber (assisted)
- Fall to bridge stand up (assisted)
- Hurdle round off
- Handstand snap down



Trampoline

- Stop bounce
- Back drop
- Stomach drop
- 6 skill routine

Flexibility Goals

- Pike pancake (down)
- Straddle pancake (down)

Strength Goals

- ___ 20 sec hollow body hold
- ___ 20 sec arch body hold
- ___ 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 event missed skills.

Session: Fall/Winter/ Spring Year: _____

Completed Level

Continuing to work towards completing level