



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Vault

- Front handspring MT to feet (assisted)
- BB flat back (assisted)

Bars

- Squat on catch high bar (assisted)
- Glide swing toes to bar
- Cast to horizontal (assisted)
- Climb onto LB catch HB 3 swings
- Cast under swing dismount on low bar

Beam

- Cartwheel on LB (assisted)
- Handstand on MB (assisted)
- Front roll on HB (assisted)
- Cartwheel to handstand LB (assisted)

Floor

- ½ & 1/1 turn on 1 foot
- Back walk over (assisted)
- Front walk over (assisted)
- Hurdle round off
- Handstand snap down jump to back on a mat



Trampoline

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

Flexibility Goals

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

Strength Goals

- ___ 5 sec clear straddle hold on floor
- ___ 3 chin ups then hold 3 sec (chin off bar)
- ___ 3 leg lifts then hold 3 sec toes to bar

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