



# Are you wondering if your child is ready for a more advanced class?

Here are some guidelines that our talent scouts and evaluators look for during a test.

## Kinder Age: 3 & 4 yrs

- Chin ups
- Leg lifts
- Rope climb
- Run
- Rebound quality
- Jumping skills on trampoline
- Bridge
- Flexibility
- General coordination
- General skill level

## Young Age: 5 & 6 yrs

- Chin ups
- Leg lifts
- Rope climb
- Run
- Rebound quality
- Flexibility
- General coordination

### Event skills

Handstand	swings on bars
Cartwheel	hip pullover
Bridge	Casts
Walkovers	Limbers

## Junior Age: Ages 7 – 9yrs

### Vault

Front handspring from mini tramp or beat board (to flat back is ok)

### Bars

Routine: Hip pullover, back hip circle, cast return to front support, cast straddle underswing dismount.  
High bar: long swings, beat swings

Chin ups (3 -5 with no assistance)  
Leg lifts (3 -5 with no assistance)

### Beam

Walking, straight jump, split jump, handstand, cartwheel on lowest beam

### Floor

Handstand, cartwheel, round off, back walkover, front walkover, limbers

Splits (right, left and middle)

## Senior Age: 10 yrs +

### Vault

Front handspring from mini tramp or beat board (to flat back is ok)

### Bars

Routine: Hip pullover, back hip circle, cast return to front support, cast straddle underswing dismount.  
High bar: long swings, beat swings, Cast to toes, jump to high bar  
Low bar: glide swing

Chin ups (3 -5 with no assistance)  
Leg lifts (3 -5 with no assistance)

### Beam

Walking, straight jump, split jump, handstand, cartwheel on low beam, round off dismount, working walkovers.

### Floor

Handstand, cartwheel, round off, back walkover, front walkover  
Working back handspring

## Other Notes of Interest

Group dynamics are important and we make every effort to create advanced groups according to age, physical potential and current technical level.

The evaluators are also talking with the gymnasts and are looking for:

- Ability to follow instructions
- Fearlessness
- Love for gymnastics
- Happy and positive attitude
- Willingness to try new things
- Overall work ethic