



# 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.

## Mighty Mites – 4 to 6 yrs

### Flexibility

Leg tension  
Splits, Pike

### Strength

Rope  
Chin ups  
Left lifts  
Straight body coach lift

### Bars

Chin up hold  
Hip pullover, cast, front roll down  
L-hold, candle, Monkey Walk

### Beam

Walking, bunny hops  
Releve hold, stork stand, landing off end of beam

### Floor

Push up position  
Rolls, wall handstand, handstand, cartwheel  
Bridge from stand, bridge kickover

## Performance – 7 yrs +

### Vault

Run and rebound off beat board  
Front handspring from beat board (flat back ok)

### Bars

Low Bar: Hip pullover, back hip circle, cast return to front support, cast straddle under-swing dismount, glide swing  
High bar: long swings, beat swings

### Beam

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

### Floor

Handstand, cartwheel, round off, back walkover, front walkover, limbers, back handsprings / progressions

### Fitness

Chin ups (3-5 with no assistance)  
Leg Lifts (3-5 with no assistance)  
Splits (right, left, middle)  
Rope climb  
Pancake (straddle or pike sit, stomach to floor or to legs)

## Quality of Performance – Performance Age 7 yrs +

Students should be able to perform skills with good quality of performance. In our sport, this means:

- Straight legs
- Pointed toes
- Proper body alignment and control
- Proper start and end positions

## Group Dynamics and Managing Expectations

If you choose to do the tryout, please be aware to manage your daughter's expectations (7 yrs +) regarding results as we will be upfront and honest in our opinions as we very much want to ensure that a student is challenged in a class but not overwhelmed.

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

Additionally, it is important to understand that this is not a pass or fail scenario, but rather an identification process that shines a light on where your daughter is now with her gymnastics and what she will need to move toward her personal gymnastic goals.

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

- Ability to follow instructions
- Fearlessness and willingness to try new things
- Love for gymnastics and positive attitude