



Name: _____

| | Beginner Girls | X | Advanced Beginner Girls | X |
|---|--|---|---|---|
| Social skills | Listen and follows directions & waits turn | | Listens, follows directions & waits turn | |
| | Accepts coaching tips | | Accepts coaching tips | |
| Vault | Run, hurdle, straight jump off board stick landing | | Run, hurdle, underarm lift straight jump on resi or mat stack | |
| | Underarm lift, straight jump on floor, stick landing | | Handstand fall to back, proper form | |
| Uneven Bars | Straight hang __ pike hold __ hollow hold __ | | Pike glide swing return to stand on panel mat | |
| | Bent arm hang in forward grip 5 sec __ | | 1 pull up __ 1 chin up __ with feet on trapezoid | |
| | Kick pullover chest high | | 1 cast to back hip circle straight arms | |
| | Straight arm jump to front support | | Tap swing with hollow, arch, hollow technique | |
| | Tap swing on pit bar | | Single leg swing up to stride position | |
| | Straight arm cast and return to bar | | Front support extend, fall forward land on block in back of bar | |
| | Cast off of bar to stick landing | | Pullover no spot | |
| Balance Beam | Releve walk F __ B __ S __ | | 5 connected Battements R __ L __ | |
| | Lock position R __ L __, to Pivot turn __ | | Coupe walk in releve forward __ backward __ | |
| | Lunge to T position and return R __ L __ | | Dip step-leap land in plie arabesque position, hold | |
| | Coupe hold __ R __ L __ | | Step-lock pivot-pivot R __ L __ | |
| | Jump to front support | | V sit __ whip to squat position | |
| | Straight jump dismount __ | | Lunge T position to teeter totter return to lunge | |
| | Arabesque hold R __ L __ | | Arabesque to Scale R __ L __ | |
| Floor Exercise | Forward roll __ Backward roll __ | | Backbend up wedge __ on 8 inch __ | |
| | Straight __ Tuck __ Straddle __ Pike __ Lunge __ | | Elevated bridge to kickover | |
| | Kick Lunge Side Cartwheel R __ L __ | | Step hurdle cartwheel | |
| | Hollow hold 10 seconds | | Lunge handstand to bridge hold __ | |
| | Lunge kick handstand technique 1-2 step down | | Round-off | |
| | 1 slow hollow pushup | | Backward pike roll to pushup position down wedge | |
| | Push up to bridge hold 10 seconds | | Flip flop w/ spot __, barrel flip flop __ | |
| Tumble Trak | Straight __ Tuck __ Straddle __ jumps | | Series jumps with arms up | |
| | Jump series connected | | R __ L __ split jumps | |
| | Jump to lunge cartwheel | | Power hurdle roundoff | |
| | pencil drop fall onto 8" mat | | Jump back onto 8" mat | |
| | Backward jumps straight __ tuck __ straddle __ | | Roundoff down wedge to jump back on 8" | |
| Trampoline | Straight jumps with safety stop | | Handstand snap down | |
| | Tuck __ straddle __ pike __ jumps | | Flip flop with spot | |
| | Seat drop to feet finish straight position | | Seat drop 1/2 turn to stand | |
| | Split jumps arms in side middle R __ L __ | | Hollow push-up hop (aka waterbug) | |
| Pit & Conditioning | Pencil drop to straight position hold 3 seconds | | Proper arm swing to jump back into pit | |
| | Proper arm swing jump back into pit | | Peanut roll off edge to land on back in tuck | |
| | Watermelon roll off edge | | Roundoff on edge to fall flat | |
| | | | 3 hollow rocks __ 10 V ups __ | |
| Date advanced and coaches initials | | | | |