

NAME :

| | Intermediate girls | X | Advanced Girls | X |
|---|---|----------|--|----------|
| Social skills | Listens, follows directions & waits turn | | Listens, follows directions & waits turn | |
| | Responds to coaching tips | | Responds to coaching tips | |
| Vault | Underarm circle when approaching board | | Accelerating run, hurdle, jump handstand flat back on resi/mat stack | |
| | Quick kick to handstand fall flat on 8" | | Standing on raised block underarm swing to handstand fall flat | |
| | Run, hurdle, straight jump on resi or mat stack | | Standing front off side into pit | |
| | | | Run underarm swing, hurdle straight jump on TABLE jump off to stick | |
| Uneven Bars | Chin-hips pullover (no kick) | | Pullover back hip circle | |
| | 2 back hip circles in a row (with 1 cast) | | Front hip circle to small cast | |
| | No cast back hip circle | | Shoot through to mill circle | |
| | Hollow fall forward to land on block behind bar | | Hollow cast to horizontal | |
| | Pike glide kip spotted | | Hollow cast to pushaway on pit bar | |
| | 3 tap swings to drop in pit | | Hollow-arch wiggle swings | |
| | Cast to shoot through | | Pike__ Straddle __ glide kip | |
| | 5 pike glide swings | | Free hip drill from block | |
| | Underswing drop to 8"mat | | Cast handstand spotted | |
| | Stride circle lift off bar at beginning and end | | Long hang pullover__Baby giant__ | |
| Balance Beam | Promenade walks F__B__ | | Level 4 mount__ | |
| | Lunge, T position 1/2 handstand to Lunge | | Level 5 mount | |
| | 1 to 3 step leap land in plie arabesque hold | | 1/2 turn heel snap__ coupe__ | |
| | Prance run | | T position 3/4 handstand to lunge landing | |
| | Straight jump__Tuck jump__ to jump landing position | | Step leap 45 degree split | |
| | Lunge kick side handstand (spotted) | | Tuck jump__ split jump__ to jump landing position | |
| | Side handstand pike down | | Side handstand dismount | |
| | 1/2 turn in coupe__ 1/2 heel snap turn__ | | Lunge T cartwheel T down | |
| Floor Exercise | Flip flop | | Round-off flip flop | |
| | Roundoff flip flop spotted | | Front handspring | |
| | Back extension to pushup position | | Flip-flop,flip-flop standing | |
| | Handstand to bridge, kickover | | Front limber__Front walkover__ | |
| | Handstand candlestick forward roll | | Backwalkover | |
| | 1/2 turn in coupe | | Handstand straight arm forward roll through candle stick | |
| | Split one side | | R split__ Left split__ middle split__ | |
| | Straight stand backbend return to stand | | Straddle Press handstand fingertips to wall | |
| | Run leap land | | Split leap | |
| | | | | |
| Tumble Trak | RO jump back on resi | | Power hurdle roundoff flip flop | |
| | Front handspring block to back | | Front handspring step out | |
| | Front handspring | | Front handspring rebound | |
| | Standing flip flop | | Assemble punch front | |
| | Hollow pushup hops F__and S__ | | Standing back tuck | |
| | Roundoff flip flop | | Barani | |
| Trampoline | Handstand snap down off block to flip flop | | Flyspring flip flop | |
| | Flyspring | | Flip flop flyspring | |
| | Seat drop, doggie drop to handstand | | Flip flop step out | |
| | Circle roundoffs | | Back tuck__ Front Tuck__ | |
| | | | Gainer flip flop__, barani__ | |
| Pit and Condition | Jump back | | Standing back into pit | |
| | Standing front to land on feet in pit | | Standing front tuck into pit | |
| | 10 hollow rocks__10 V up-tuckUps__ | | Flip flop back tuck into pit | |
| date advanced & coaches initials | | | | |