

Beginner Girls Gymnastics

Name:

Date:

Coach:

Current Level:

Level next Session:

Beginner 1 (White)

Vault

- ◇ Running (arms, knees)
- ◇ Jump Two foot landing
- ◇ Under arm circle

Bars

- ◇ Chin hold (5 seconds)
- ◇ "L" hold (5 seconds)
- ◇ Jump to Support
- ◇ FWD roll dismount

Beam

- ◇ Walks (FWD, Side, BWD)
- ◇ V-Sit
- ◇ Small Hops
- ◇ Arabesque (R&L)

Floor

- ◇ Bridge (Hold 5 Sec)
- ◇ Forward Roll
- ◇ Backward Roll (Cheese Mat)

Trampoline

- ◇ Tuck Jump
- ◇ Straddle Jump
- ◇ Seat Drop (Seat to Feet)

Beginner 2 (Red)

Vault

- ◇ Proper run w/hurdle
- ◇ Jump Two foot on board
- ◇ Under arm circle jump
- ◇ Tuck Jump (Whale Mat)

Bars

- ◇ Chin hold (7seconds)
- ◇ "L" hold (7 seconds)
- ◇ 3 Cast
- ◇ Pullover with props

Beam

- ◇ Walks in releve (FWD, Side, BWD)
- ◇ Step Kick (R&L)
- ◇ Coupe Walks forward
- ◇ Straight Jump

Floor

- ◇ Bridge lift one leg (Hold 5 Sec)
- ◇ Lever to 3/4 handstand
- ◇ Backward Roll on Floor
- ◇ Cartwheel with props

Trampoline

- ◇ Pike Jump
- ◇ Jump 1/2 Turn (R&L)
- ◇ Doggy Drop
- ◇ Seat Drop 1/2 Turn

Beginner 3 (Blue)

Vault

- ◇ Assemble with underarm circle
- ◇ Sprint (Acceleration)
- ◇ Forward roll w/ Sprint (Whale)

Bars

- ◇ Chin hold "L" hold (7 seconds)
- ◇ Cast with hips off bar
- ◇ Pullover
- ◇ Back hip circle (w/spot)

Beam

- ◇ Tuck Jump
- ◇ Pivot Turn
- ◇ Coupe Releve Hold (5 Sec)
- ◇ Straight Jump Dismount

Floor

- ◇ Backbend Up Incline
- ◇ Kick-over w/Spot (Cheese Mat)
- ◇ Lever to vertical handstand
- ◇ Cartwheel
- ◇ Chasse

Trampoline

- ◇ Split jump (R&L)
- ◇ Doggy Drop, FWD Roll
- ◇ 3 Skill Combination

Flexibility

- ◇ Right Split ("4 or less)
- ◇ Left Split ("4 or less)
- ◇ Middle Split ("4 or less)

Work Ethic

- ◇ Attendance
- ◇ Attitude

Comments:



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Intermediate Girls Gymnastics

Name:

Date:

Coach:

Current Level:

Level next Session:

Intermediate 1 (White)

Vault

- ◇ HS Flat Back (Cheese Mat)
- ◇ Run Hurdle Assemble with underarm circle
- ◇ Dive Roll (Whale Mat)

Bars

- ◇ Pullover (Proper Form)
- ◇ 3 Cast (Hips of Bar)
- ◇ Chin Hold L Hold (10 Sec)

Beam

- ◇ Split Jump (Both Legs)
- ◇ Prep Turn
- ◇ Lever (Both Legs)
- ◇ T Hold (Both Legs)

Floor

- ◇ Bridge Kick-over Incline
- ◇ BWD Roll to Push-Up
- ◇ HS (3 Sec Hold)
- ◇ Arch Hold 10 Sec

Trampoline

- ◇ Knee Drop HS
- ◇ Roundoff
- ◇ Straddle Jump

Intermediate 2 (Red)

Vault

- ◇ High Knees
- ◇ Skipping Arm Circles
- ◇ Stretch Jump (Whale Mat)

Bars

- ◇ 3 Glide Swings (In a Row)
- ◇ 3 Cast Back Hip (w/Spot)
- ◇ Jump to Hollow
- ◇ 5 Leg Lifts

Beam

- ◇ Heal Snap Turn Plie
- ◇ Lever "L" HS
- ◇ Side HS (Floor Beam)
- ◇ Scale Hold

Floor

- ◇ HS Bridge
- ◇ 1/2 Turn
- ◇ Lunge Leap Hold
- ◇ HS FWD Roll
- ◇ Backbend (Floor)

Trampoline

- ◇ Push Up Hops
- ◇ BHS Shape Holds w/Coach
- ◇ Jump 360

Intermediate 3 (Blue)

Vault

- ◇ Sprint (Acceleration)
- ◇ Run, Hurdle, HS (Whale) w/Spot
- ◇ Heel Drive Drill

Bars

- ◇ Front Support Hollow Hold
- ◇ 3 Cast Back Hip Circle
- ◇ 3 Chin Ups
- ◇ Push Up Position Squat On (Floor Bar)

Beam

- ◇ Lever 3/4 HS
- ◇ Stretch Jump Tuck Jump Combo
- ◇ 15 Calf Raises
- ◇ Cartwheel (Low Beam)

Floor

- ◇ Backbend kick-over
- ◇ Roundoff
- ◇ Front limber
- ◇ 10 Push Ups
- ◇ 10 Sit Ups

Trampoline

- ◇ Pike Jump
- ◇ Knee Drop HS FWD roll
- ◇ HS Snap Down Rebound

Flexibility

- ◇ Right Split ("3 or less)
- ◇ Left Split ("3 or less)
- ◇ Middle Split ("3 or less)

Work Ethic

- ◇ Attendance
- ◇ Attitude

Comments:



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Advanced Girls Gymnastics

Name:

Date:

Coach:

Current Level:

Level next Session:

Advanced 1 (White)

Vault

- ◇ HS BLOCK Flat Back (Cheese Mat)
- ◇ Run Hurdle HS Flat Back
- ◇ Stretch Jump (Form) Whale

Bars

- ◇ 5 Chin Ups
- ◇ 3 Glide Swings (Hip Extension)
- ◇ FH Circle (Spot)
- ◇ Cast Undershoot Dismount

Beam

- ◇ Split Leap
- ◇ Side HS (High Beam)
- ◇ HS Toe Tap

Floor

- ◇ Back walkover
- ◇ FHS (Cheese Mat)
- ◇ Wolf Jump
- ◇ Back Extension (Cheese Mat)

Trampoline

- ◇ BHS
- ◇ FHS

Advanced 2 (Red)

Vault

- ◇ HS Flat Back (Hollow Hold) Whale
- ◇ Cardio Sprints (3 Min)

Bars

- ◇ Squat On (Spot)
- ◇ Re-Grip Swing (3xs)
- ◇ 10 Leg Lifts
- ◇ Shoot Through
- ◇ Mill Circle (Spot)

Beam

- ◇ HS (Flat Back) low beam
- ◇ Split Jump (90 Degree)
- ◇ Lunge Walks (FWD & BWD)
- ◇ Ronde jambe

Floor

- ◇ Back Limber
- ◇ BHS (Cheese Mat) Spot
- ◇ Front walkover
- ◇ 360 Turn
- ◇ Roundoff Rebound

Trampoline

- ◇ Roundoff Back handspring (Spot)
- ◇ Bounder/Flyspring

Advanced 3 (Blue)

Vault

- ◇ HS Flat Back (Add 8 Inch)
- ◇ FHS (Vault Trainer) w/ Spot

Bars

- ◇ Kip (Spot)
- ◇ Mill Circle
- ◇ Squat On

Beam

- ◇ 1/2 Turn
- ◇ HS 1 Sec Hold
- ◇ Push Ups (On Beam) 5
- ◇ Coupe and Passé Holds
- ◇ Cartwheel (High Beam)

Floor

- ◇ BHS No Spot
- ◇ Roundoff BHS (W/Spot)
- ◇ Back Ext. Floor
- ◇ Chasse Leap
- ◇ 15 V-Ups

Trampoline

- ◇ Dive Roll into Pit
- ◇ BHS Rebound

Flexibility

- ◇ Right Split ("2 or less)
- ◇ Left Split ("2 or less)
- ◇ Middle Split ("2 or less)

Work Ethic

- ◇ Attendance
- ◇ Attitude

Comments:



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