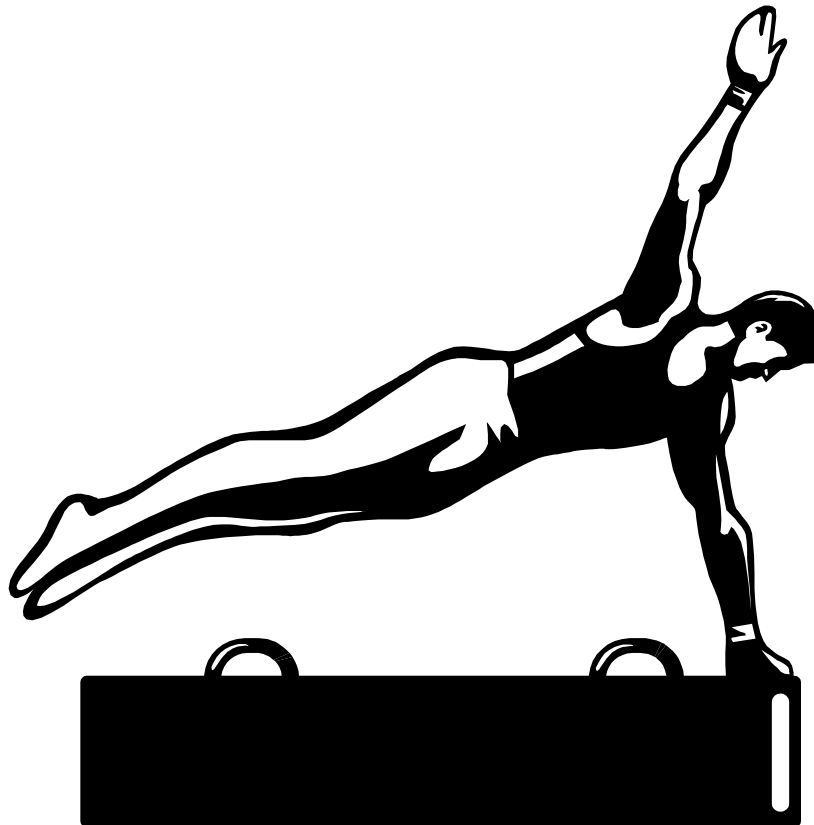




# **Beginner Boys**

## **Evaluation Booklet**



Gymnast Name: \_\_\_\_\_

# How it works

- Each skill must be completed 3 times.
- Once completed your coach will initial by the skill along with the date.
- Once all skills in booklet are completed you advance to Intermediate Classes.
- In order to switch classes a parent must take the signed booklet to the office , select new class and complete class transfer form.

# My personal goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



Gymnast has been promoted to Intermediate Classes.

---

Coach Signature

---

Date

\*take signed booklet to office to schedule your class transfer



# Evaluation Skill Booklet

## Beginner Boys

### Rings

Skill	Completed	Date
• 1 pull up	_____	_____
• L- hold 2 seconds	_____	_____
• 3 swings	_____	_____
• Swing to inverted	_____	_____
• Lower from inverted to inverted pike	_____	_____
• Skin the cat stick	_____	_____
• Skin the cat skin the dog (with light spot)	_____	_____
• 3 swings to fast skin the cat (with spot)	_____	_____



# Evaluation Skill Booklet

## Beginner Boys

### Floor

#### **Skill**

#### **Completed**

#### **Date**

- Forward roll
- Backward roll
- Dive roll onto cheese mat
- Handstand against wall for 5 sec
- L handstand
- Handstand
- Handstand forward roll onto panel mat
- Cartwheel
- Cartwheel step in
- Round-off

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### Mushroom & Bucket

#### **Skill**

- Walks around the mushroom
- Hops around the mushroom
- 1 bucket circle staying square
- 1/2 circle on the mushroom

_____	_____
_____	_____
_____	_____
_____	_____

# Evaluation Skill Booklet

## Beginner Boys

### Conditioning Skill

- Rope Climb to white tape
- 5 push ups on floor bar
- L hold on parrellets for 5 seconds
- 2 pull-ups
- 10 tuck leg lifts
- 5 Straight leg lifts (90 degrees)

**Completed**

**Date**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Flexibility Skill

- Good leg split 1/2 way to ground
- Straddle split 1/2 way to ground
- Pike stretch, touch toes with legs straight
- Pancake with elbows toughing the floor
- Bridge with flat feet, holding head off floor 5 sec

**Completed**

**Date**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



### **Avalon Park Location:**

14170 E. Colonial Drive, Orlando, FL 32826 (407)207-4110

### **Baldwin Park Location:**

4915 New Broad Street, Orlando, FL 32814 (407)644-0847

### **Lake Mary Location:**

1180 Emma Oaks Trail, Lake Mary, FL 32746 (407)333-0907

### **LB McLeod Location:**

4658 LB McLeod Rd, Orlando FL 32811 (407)246-1200

[www.orlandometrogyms.com](http://www.orlandometrogyms.com)

**Thank you for choosing Orlando Metro Gymnastics!**