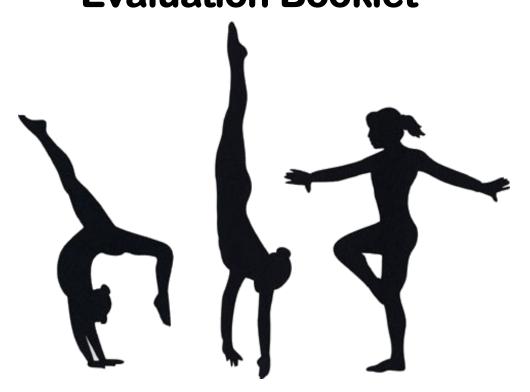


Beginner Girls Evaluation Booklet



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

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Gymnast has been promoted to Intermediate Classes.

Coach Signature Date

*take signed booklet to office to schedule your class transfer

Vault Skill	Completed	Date
• Run, hurdle, straight jump on vault mat		
• Jump off vault mat to stick on 8" mat		
 Squat on (vault mat & table) 		
 Straddle on (vault mat & table) 		
 Dive roll onto vault mat 		
 Kick handstand, flatback onto 8" mat 		
• Handstand flatback onto vault mat with light spot		
Bars Skill	Completed	Date
• Skin the cat on low bar		
• L hold 2 seconds		
• Pullover		
• 3 casts with hips clearly away from bar		
• 3 casts push away to stick		
 Strong man across bar to forward roll 		
• Leg cut forward		
• 3 swings with re-grips on High Bar		
• 3 swings to half turn on High Bar		
 Cast back hip circle with light spot 		
• Front mill circle with spot		
• Straddle on or pike on dismount with light spot		

	<u>eam</u> (everything on high beam unless noted other kill	wise) Completed	Date
•	Walk with flat feet (fwd,bwd, sideways)		
•	Walk in releve' (fwd, bwd, sideways)		
•	Level 3 mount (leg swing mount)		
•	Coupe and Passe' walks		
•	Dips and kicks		
•	Arabesque (2 sec) walks		
•	Demi plie to straight jump on low beam		
•	Demi plie to tuck jump on low beam		
•	Leap over carpet on low beam		
•	Pivot turn		
•	Squat turn		
•	L handstand on low beam		
•	Straight jump dismount stick		
•	Straddle jump dismount stick		
•	3/4 handstand dismount		
•	Candle stand up with spot (low or high beam)		

Floor Skill	Completed	Date
 Forward roll 		
Straddle roll		
 Backward roll 		
 Backward roll to push up position 		
• Handstand against wall for 5 sec		
• L handstand		
• Handstand		
• Handstand to bridge onto 8" mat		
 Handstand forward roll onto panel mat 		
 Cartwheel 		
• Cartwheel step in		
 Round off 		
• Backbend onto 8" mat		
 Bridge kick-over down cheese mat 		
• Half toe turn		
 Chasse both legs 		
• Chasse split leap		

Conditioning Skill	Completed	Date
 Rope Climb to white tape 		
• 5 push ups on floor bar		
• Tuck hold on bar for 10 seconds		
• 5 V-ups		
• 10 tuck leg lifts		
• 5 Straight leg lifts		
Flexibility Skill	Completed	Date
• Good leg split 3/4 way to ground	Completed	Date
Skill	Completed	Date
• Good leg split 3/4 way to ground	Completed	Date
 Skill Good leg split 3/4 way to ground Opposite leg split 1/2 way to ground 	Completed	Date
 Skill Good leg split 3/4 way to ground Opposite leg split 1/2 way to ground Straddle split 1/2 way to ground 	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

Thank you for choosing Orlando Metro Gymnastics!