



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

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 Girls

Beam *(everything on high beam unless noted otherwise)*

Skill	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)	_____	_____

Evaluation Skill Booklet

Beginner Girls

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	_____	_____

Evaluation Skill Booklet

Beginner Girls

Conditioning Skill

- 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

Completed

Date



Flexibility Skill

- Good leg split 3/4 way to ground
- Opposite leg split 1/2 way to ground
- Straddle split 1/2 way to ground
- Pike stretch, touch toes with legs straight
- Straddle with legs straight, touch elbows to ground
- 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

Thank you for choosing Orlando Metro Gymnastics!