



Beginner Tumbling

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 Tumbling

Strength & Conditioning Skill

- 5- one leg squats (with each leg)
- 10- two leg jump ups to panel mat (in a row)
- 10- leg lifts tuck (2 sets, all the way to chin)
- 10- leg lifts pike (2 sets, at least 90°)
- Hollow hold on back (20 sec)
- Hollow hold face down (20 sec)
- 5 push-ups
- 3 pull-ups on high bar (chin over bar)
- Rope
- 30 sit ups (hold legs down)



Completed

Date

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

Tumble Track Skill

- Straight jumps (all the way down)
- Tuck jumps (all the way down)
- Straddle jumps (legs at 120°, all the way down)

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!