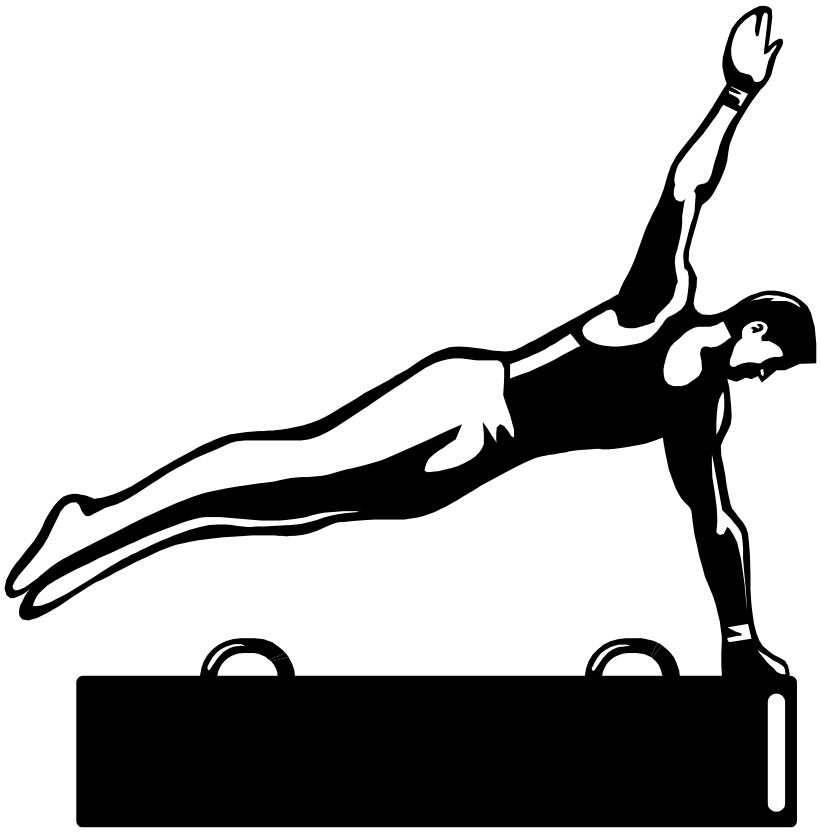
Orlando METRO GYMNASTICS

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

Vault

Skill	Completed	Date
• Straight jump onto 8”	_____	_____
• Straight jump onto vault mat	_____	_____
• Jump off vault mat to stick on 8”	_____	_____
• Squat on (vault mat & table)	_____	_____
• Straddle on (vault mat & table)	_____	_____
• Dive roll onto vault mat	_____	_____
• Handstand flat back onto 8”	_____	_____
• Handstand flat back onto vault mat	_____	_____

Bars

Skill	Completed	Date
• Skin the cat on low bar	_____	_____
• L hold 2 seconds	_____	_____
• 3 casts with hips clearly away from the bar	_____	_____
• 3 casts push away to stick	_____	_____
• Strong man across bar to forward roll	_____	_____
• Pullover	_____	_____
• Cast backhip circle with light spot	_____	_____
• Cast undershoot onto barrel	_____	_____
• 3 swings with re-grips on pit bar	_____	_____
• 3 swings to half turn on pit bar	_____	_____

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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)	_____	_____

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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
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Conditioning

Skill	Completed	Date
• 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)	_____	_____

Flexibility

Skill	Completed	Date
• 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	_____	_____

Avalon Park Location:

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

Crystal Lake Location:

3212 Curry Ford Rd, Orlando, FL 32806 (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

St. Cloud Location:

1421 Hamlin Avenue, Saint Cloud FL 34771 (407)5563174

www.orlandometrogyms.com

Thank you for choosing Orlando Metro Gymnastics!