Orlando METRO GYMNASTICS

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

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	_____	_____

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	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	_____	_____
• 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	_____	_____

Orlando
METRO
GYMNASTICS

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)556-3174

www.orlandometrogyms.com

Thank you for choosing Orlando Metro Gymnastics!