Orlando METRO GYMNASTICS

Intermediate 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 Advance 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 Advanced Classes.

_____ _____

Coach Signature Date

*take signed booklet to office to schedule your class transfer

Evaluation Skill Booklet

Intermediate Girls

Vault

Skill	Completed	Date
• Run, hurdle with arm circle, straight jump onto 8" mat	_____	_____
• Run, hurdle with arm circle, straight jump on to vault mat	_____	_____
• Handstand block from floor to panel mat with arm circle	_____	_____
• Handstand flat back onto vault mat	_____	_____
• Handstand flat back from vault table to vault mat, light spot	_____	_____
• Front Handspring with light spot	_____	_____

Bars

Skill	Completed	Date
• Pullover	_____	_____
• Cast to horizontal	_____	_____
• Cast to back hip circle	_____	_____
• Leg cut forward and backward	_____	_____
• Shoot thru with light spot	_____	_____
• Mill circle	_____	_____
• Front hip circle with medium spot	_____	_____
• Squat on jump to high bar with light spot	_____	_____
• 3 swings with re-grips to 1/2 turn, swing fwd in mixed grip & switch to over grip	_____	_____
• Back hip circle undershoot dismount	_____	_____

Evaluation Skill Booklet

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

Skill	Completed	Date
• Leg cut swing to squat mount	_____	_____
• Pike lying position to releve balance	_____	_____
• Demi plie to tuck jump	_____	_____
• Demi plie to split jump on low beam	_____	_____
• Half turn	_____	_____
• Full turn on beam pad	_____	_____
• L handstand	_____	_____
• Handstand on low beam	_____	_____
• Cartwheel on low beams with mats	_____	_____
• Back walkover on floor beam	_____	_____
• Cartwheel to side handstand, 1/4 turn dismount	_____	_____

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Floor

Skill	Completed	Date
• Straight arm backward roll	_____	_____
• Back extension roll down cheese mat	_____	_____
• Handstand forward roll	_____	_____
• Handstand straddle roll	_____	_____
• Backbend	_____	_____
• Kickover	_____	_____
• Back walk over	_____	_____
• Full toe turn	_____	_____
• Chasse, split leap to leg swing, hop	_____	_____
• Sissone	_____	_____
• Round off rebound	_____	_____
• Round off back handspring, light spot or on resi	_____	_____
• Back handspring down cheese mat, light spot	_____	_____
• Back handspring on floor, light spot or on resi	_____	_____
• Front handspring from panel mat to resi	_____	_____
• Front handspring	_____	_____

Evaluation Skill Booklet

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Conditioning

Skill	Completed	Date
• Rope Climb tall the way to the top	_____	_____
• 5 straight leg lifts all the way up	_____	_____
• 3 pull ups on high bar	_____	_____
• 15 V-ups	_____	_____
• 10 push-ups on floor bar all the way down	_____	_____

Flexibility

Skill	Completed	Date
• Good leg split all the way to floor	_____	_____
• Opposite leg split 3/4 way to floor	_____	_____
• Straddle split 3/4 way to floor	_____	_____
• Pike stretch with elbows on floor	_____	_____
• Straddle 3/4 way to floor	_____	_____
• Bridge with straight legs, flat feet, straight arms	_____	_____

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

Thank you for choosing Orlando Metro Gymnastics!