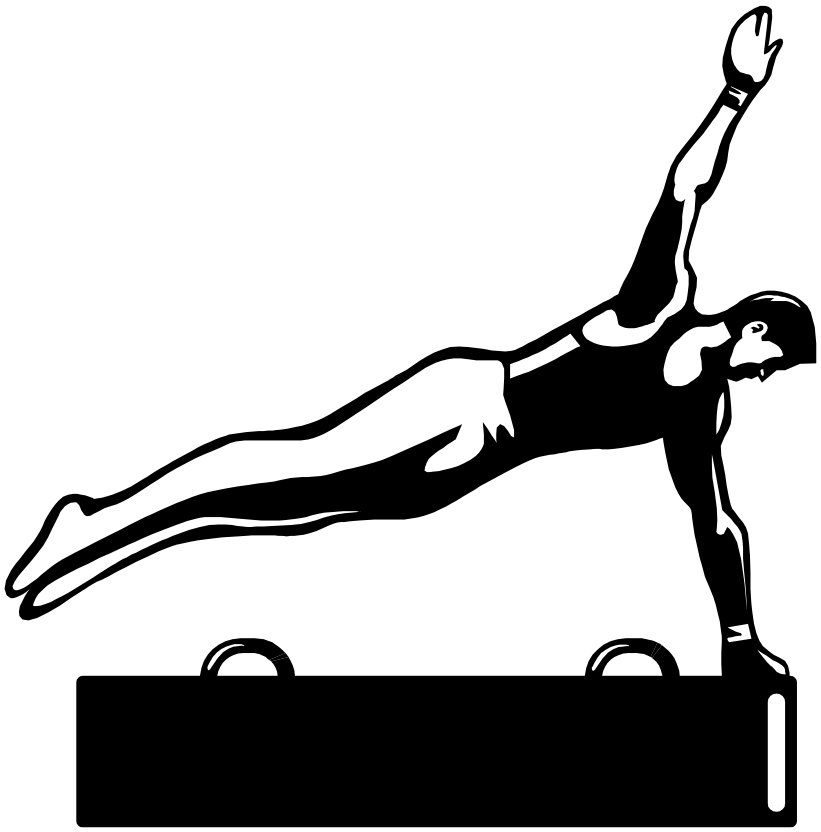
Orlando METRO GYMNASTICS

Intermediate 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 Advanced 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 Boys

Vault

Skill	Completed	Date
• Dive roll over a panel mat	_____	_____
• Jump full turn to stick	_____	_____
• Straight jump onto vault table	_____	_____
• Front handspring over vault mat	_____	_____
• Handstand flatback on vault table to vault mat	_____	_____
• Front handspring on vault table	_____	_____

Bars

Skill	Completed	Date
• Pullover from straight hang	_____	_____
• Cast backhip circle	_____	_____
• Cast backhip circle undershoot	_____	_____
• Undershoot to swings on pit bar	_____	_____
• 3 Swings to half turn (switching both hands)	_____	_____
• Pike-On and Straddle-On dismount	_____	_____

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Rings

Skill	Completed	Date
• 3 pull ups	_____	_____
• L– hold 5 seconds	_____	_____
• 3 swings to inverted & from inverted	_____	_____
• Flyaway	_____	_____
• Straddle flyaway	_____	_____
• Support hold for 5 seconds	_____	_____
• Support L-hold for 2 seconds	_____	_____
• Lower down from support hold	_____	_____
• Inlocate with light spot	_____	_____

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Floor

Skill	Completed	Date
• Handstand Forward roll	_____	_____
• Backward roll with straight arms	_____	_____
• Handstand pirouette	_____	_____
• Press to headstand	_____	_____
• Press to handstand	_____	_____
• Round off rebound	_____	_____
• Round off back handspring	_____	_____
• Back handspring with light spot	_____	_____
• Back handspring onto resi	_____	_____
• Front handspring from panel mat onto resi	_____	_____
• Front handspring		
•		

Mushroom & Bucket

Skill		
• One Circle	_____	_____
• Three Circles	_____	_____
• 10 Circles in bucket	_____	_____
• 2 half spindles in bucket	_____	_____

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Conditioning

Skill	Completed	Date
• Rope Climb to the top	_____	_____
• 10 push ups on floor bar	_____	_____
• L hold on parrellets for 10 seconds	_____	_____
• 3 pull-ups	_____	_____
• 20 V-ups without stopping	_____	_____
• 5 straight leg lifts all the way up	_____	_____

Flexibility

Skill	Completed	Date
• Good leg split 3/4 way to ground	_____	_____
• Opposite leg split 3/4 way to ground	_____	_____
• Straddle split 3/4 way to ground	_____	_____
• Bridge with straight legs	_____	_____
• Pike stretch with elbows on the ground	_____	_____
• Pancake touching forehead to ground	_____	_____

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!