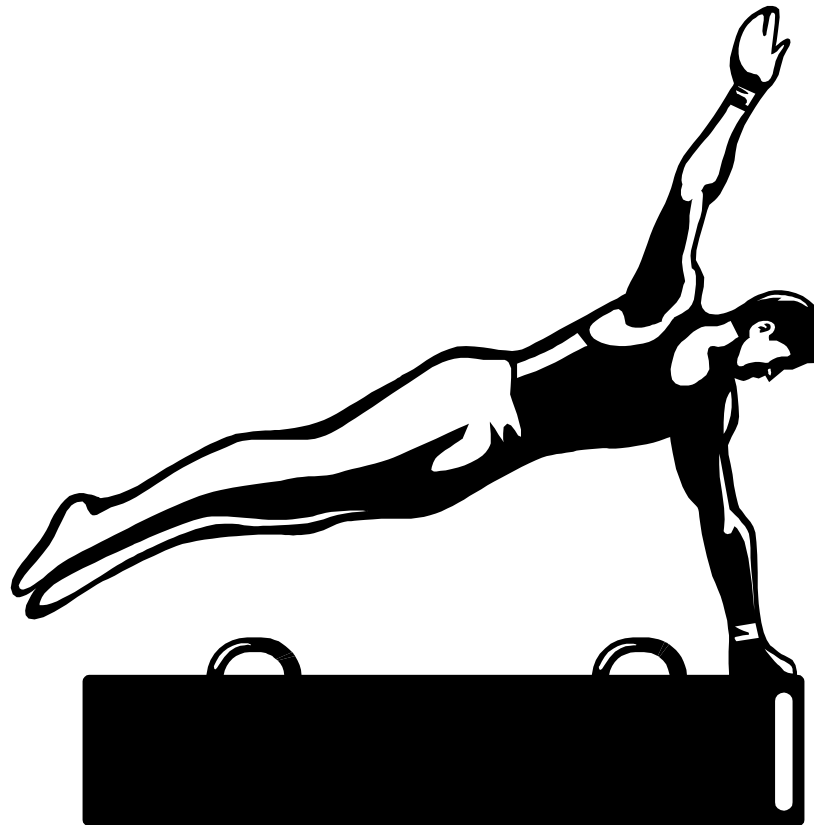




Beginner Boys

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	_____	_____

Evaluation Skill Booklet

Beginner Boys

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)	_____	_____



Evaluation Skill Booklet

Beginner Boys

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

Beginner Boys

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

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



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Thank you for choosing Orlando Metro Gymnastics!