



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

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 to push up position, backward roll	_____	_____
• 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	_____	_____



1501 S. Alafaya Trail
Orlando, Fl 32828
(407)207-4110
www.metrogyms.com

Thank you for choosing Orlando Metro Gymnastics!