



*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

## Intermediate Girls

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

<b>Skill</b>	<b>Completed</b>	<b>Date</b>
• 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	_____	_____



# Evaluation Skill Booklet

## Intermediate Girls

### Floor

<b>Skill</b>	<b>Completed</b>	<b>Date</b>
• 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	_____	_____





1501 S. Alafaya Trail  
Orlando, Fl 32828  
(407)207-4110  
[www.metrogyms.com](http://www.metrogyms.com)

*Thank you for choosing Orlando Metro Gymnastics!*