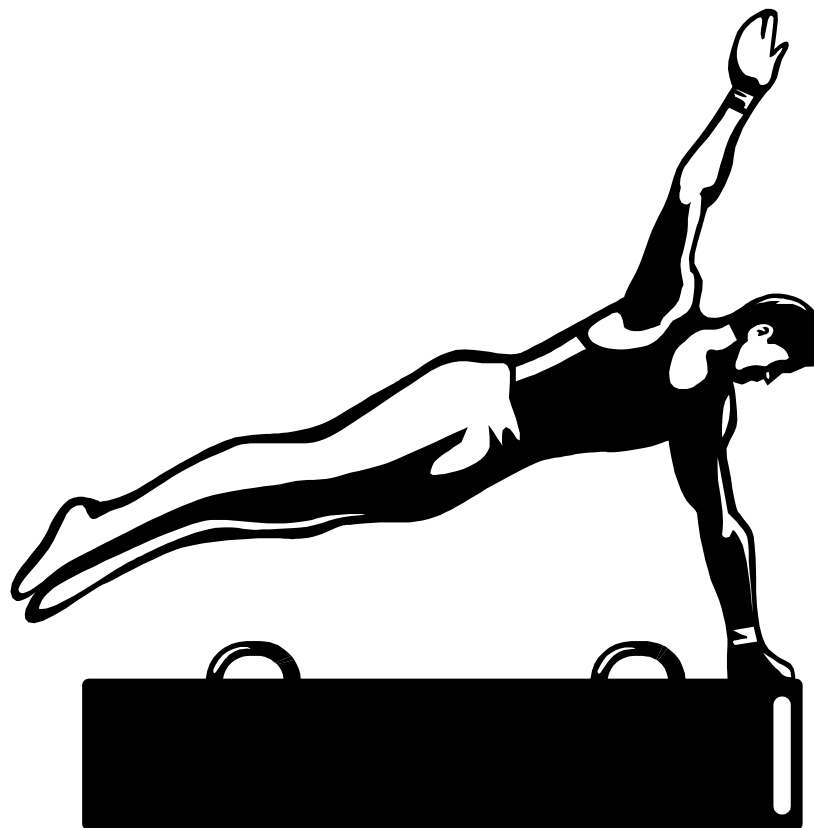




# **Intermediate Boys Evaluation Booklet**



**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.

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Coach Signature

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Date

\*take signed booklet to office to schedule your class transfer



# Evaluation Skill Booklet

## Intermediate Boys

### 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	_____	_____



# Evaluation Skill Booklet

## Intermediate Boys

### 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	_____	_____





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

*Thank you for choosing Orlando Metro Gymnastics!*