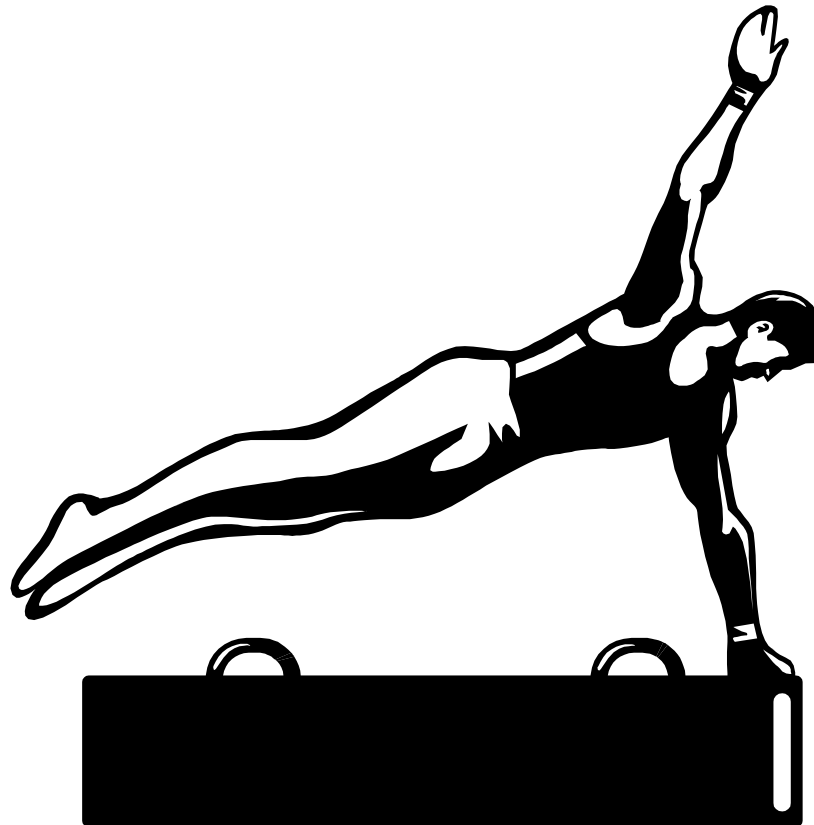




Beginner Boys

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

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 | Completed | Date |
|----------------------------------|-----------|-------|
| • 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!