



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 | _____ | _____ |



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Thank you for choosing Orlando Metro Gymnastics!