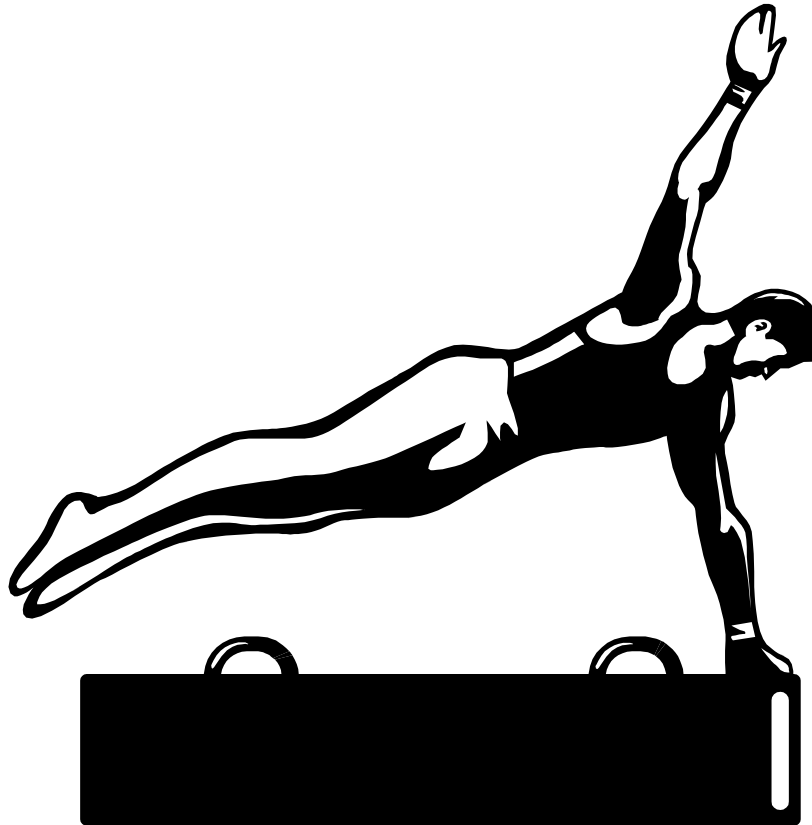




Intermediate Boys

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.

Coach Signature

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	_____	_____



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Thank you for choosing Orlando Metro Gymnastics!