

Move-Up Requirements

At each level of our program, we use many horizontal progressions and drills. These strengthen and better equip students to achieve the following basic skills required to move to the next level. Skill Evaluations are valid for 120 days past the eval date if your child is waitlisted or takes a break from gymnastics before enrolling in their new level.

1st-5th Grade Girls Program

Intermediate Skill Evaluation Requirements (Mini Bouncer/Bouncers to Mini Flip/Flip)

Vault: Good hurdle; forward roll and straddle on.

Bars: Walk up wall, kickover to front support; Jump to sole circle swing w/straight legs; Glide swing with roller; Fwd. roll to tuck hang or 8 sec tuck hang (chin above bar); Jump to front support, 3 casts to front support.

Beam: Lever down & back to lunge; Stretch Jump on low beam; Straight leg walks fwd/bwd; Pivot turn; Front support Safe Mount/Safety fall.

Floor: Cartwheel thru vertical; Handstand Hold against cheese (3 seconds); Bridge kickover off green block; Fwd and bwd roll to feet on floor w/correct technique; Safety fall bwd and fwd shoulder; Back walkover over roller; Stretch Jump.

Intermediate/Advanced Skill Evaluation Requirements (Mini Flip/Flips to Aerials)

Vault: Jumpy Uppy; Jump to straight arm fwd roll.

Bars: Pullover above head; 1 Cast back hip circle; 3sec. L hang on low bar; Jump to straddle sole circle dismount; Front support push to knee hold 3 sec.; Jump to Glide swing (correct form)

Beam: Passe Releve hold 3 sec.; Lever hop to lunge; Releve walks fwd./bwd. w/straight legs; Round off dismount thru vertical; Stretch jump on High beam.

Floor: Straight arm fwd. roll; Vertical HS hold; Handstand fwd. roll; Straddle up to handstand; Bridge kickover on floor; Bwd roll to pike stand; Cartwheel step together thru vertical; Back handspring to handstand over the roller to push-up position.

Advanced Skill Evaluation Requirements (Aerials to Springers)

Vault: Handstand flat fall; Knee drop handstand flatfall on tumble trak; Front tuck off TT.

Bars: Glide swing to pike swing (toes to bar); 1 chin up; 2 straight leg lifts; Cast to Straddle Sole Circle dismount; Press to knees and step up or cast squat on; Chin Up Pullover on High bar.

Beam: $\frac{3}{4}$ handstand to lunge; Cartwheel to handstand dismount; $\frac{1}{2}$ turn; split jump; 10 sec Pike press

Floor: HS straight arm fwd roll; Round off thru vertical; Backlimber kickover or Back walkover; Straight arm bwd roll to front support on small cheese; Standing Backhandspring on Tumble Trak; $\frac{1}{2}$ turn; Step, Split Leap.

1st-5th Grade Boys Program

Bumblebees to Mini Eagles

General: Follows directions, stays on task.

Bars: Pullover at chest height to front support; Forward roll to tuck hang.

Floor: Reasonable cartwheel attempt; Handstand to vertical; Reasonable bridge; Fwd and bwd roll; Straddle travels.

Rings: Skin the cat.

Intermediate/Advanced Skill Evaluation Requirements (Min Eagles/Eagles to Falcons)

Bars: Pullover (shoulder height bar); Regrasp swings; Fwd. roll to chin up tuck.

Floor: Cartwheel with reasonably straight legs; Good handstand; Bridge kickover off green block; Dive roll over mailbox to cheese; Handstand fwd roll (pause in handstand); Safety fall bwd and fwd shoulder; Back walkover over roller.

Parallel Bars: 3 swings to rear dismount (touching bar ok); Front support walks;

Rings: 8 sec. chin-up hold; Inverted hang; Skin the cat.

Side Horse: Leg cuts (sitting after cut is ok).

Strength: 10 good push – ups; 45 sec V-hold; 30 sit ups in 60 sec (feet held); rope climb 1/2 way up with legs.

Trampoline: Front drop; Basic shapes (tuck, straddle, pike); Seat drop doggie drop to feet.

Tiny Tot Program 4 Years-Kindergarten

Crickets to Bumblebees

General: Follows directions, stays on task.

Floor: Fwd roll on floor to hands up; Bwd roll (small cheese mat to feet); Teeter-hop-totter to lunge; Safety fall bwd; Straight arm bwd to bear over roller; bwd to bear off trap; monkey jump from feet to feet.

Bars: Walk up wall pullover to f. support, feet to block ok; Front support fwd roll on low bar; Turtle hang; Bell Swing with straight legs.

Beam: Bear walk on low beam; Releve walks on low beam; Walk on high beam and jump to feet; Safe mount, safety fall off beam.

Bumblebees to Hummingbirds

General: Follows directions and has a good work ethic.

Floor: Straight leg cartwheel through vertical; Handstand against cheese, hold for 3 seconds; Safety fall fwd/bwd; Fwd roll to feet on floor w/ armsup; Bwd roll to squat on floor; Bridge with straight arms and shoulders over wrists; Run-hurdle-land; Moving consecutive position jumps.

Bars: 3 straight arm casts to f. support; Jump to bell swing with straight legs; Fwd roll to tuck hang on high bar; walk up the wall kick over to front support; 5 second L hang on low bar.

Beam: Safety fall; Releve walks on high beam; Pivot turn; Candlestick roll w/red mat on high TT beam; Safe mount on high beam.