

NAME / AGE: _____

CURRENT CLASS/DAY & TIME: _____

INSTRUCTOR: _____

ADVANCED CHECKLIST

INSTRUCTIONS: Please evaluate gymnasts in an honest, thorough and unbiased manner. If gymnasts have mastered THE MAJORITY of skills (at least 90%), then they should progress to the next class level. If they have many skills they cannot do or that are still in progress, please do not advance them. Gymnast should also have the maturity to move up. If you think a gymnast can skip a class level or is ready to tryout for team, please consult a head coach for further assessment.




SKILL LEVEL

 CANNOT DO




 IN PROGRESS

 MASTERED


FLOOR

Advanced			
Backward roll to pike or push up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Back walkover w/o spot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kick to handstand hold, 2 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handstand forward roll w/ straight arms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Round off w/ rebound, stick finish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Round off back handspring w/ spot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>




BEAM

Advanced			
Level 2 mount	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 High straight jumps w/ arm swing & finish, toes must point & touch, no wobbles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Passe half turn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heel snap turn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handstand on low beam, must close feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cartwheel on low beam	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Level 2 Dismount	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BARS

Advanced			
5 Leg lifts on high incline w/ straight legs, toes must touch bar, foot buddy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 pull ups, no spot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kick over or pull over, no spot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Straight arm cast to horizontal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Back hip circle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Glide swing w/ proper shaping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

VAULT

Advanced			
Fast run w/ proper arm swing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run & punch board correctly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handstand block on floor, straight arms, tight body, forward reach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handstand to flatback on high mat w/ spot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MATURITY

Gymnast has the motivation/drive to move up to the next class.

Agree – Undecided / Neutral - Disagree

Gymnast has the listening skills to move up to the next class.

Agree – Undecided / Neutral - Disagree

Gymnast has the respect to move up to the next class.

Agree – Undecided / Neutral - Disagree



PLEASE CIRCLE RECOMMENDED CLASS FOR THE NEXT SESSION



Advanced

Team Tryouts