

NAME / AGE: _____

CURRENT CLASS/DAY & TIME: _____

INSTRUCTOR: _____

BEGINNER 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

Beginner			
Forward roll down wedge, ear & knee buddies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backward roll down wedge, ear & knee buddies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cartwheel on line, must pass through vertical	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handstand hold w/ back against wall, 15 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backbend w/ straight arms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>




BEAM

Beginner			
Walk on HIGH releve, straight legs, arms in crown, no wobbles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Front kicks, straight legs, arms side middle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walk backwards, arms side middle, no falls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Passe walks, no falls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Straight jumps, hands on hips, toes pointed, no falls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Pivot turns, arms in crown, no falls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BARS

Beginner			
Pull up hold, 10 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuck hold w/ LONG SHOULDERS, 10 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Front support hold w/ pointed toes, 20 sec, no fidgeting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 Leg lifts on incline board/wedge, foot buddy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kick over or pull over w/ spot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

VAULT

Beginner			
High knee run w/ proper arm swings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fast run on toes w/ proper arm swings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run & punch board correctly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Standing straight jump, stick, finish w/ good form	<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



Beginner

Intermediate

Advanced