

NAME / AGE: \_\_\_\_\_

CURRENT CLASS/DAY & TIME: \_\_\_\_\_

INSTRUCTOR: \_\_\_\_\_

# BOYS 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

Boys Beginner   

Forward roll on floor, ear & knee buddy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backward roll down wedge, knee buddy	<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"/>
Backbend w/ straight arms	<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"/>

## MUSHROOM

Boys Beginner   

Show all 4 positions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Proper hand placement hold, 2 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Half circle (swing, NOT jump)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Seal walk across floor, w/o stopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## RINGS

Boys Beginner   

Pull up hold, 10 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuck hold, 10 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Swings, foot buddy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin-the-Cat hold, 2 sec, then drop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## PARALLEL BARS

Boys Beginner   

Tuck hold in front support, 5 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 Shoulder shrugs w/ straight arms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swing to straddle w/ straight legs & open hips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## BAR

Boys Beginner   


3 Pull ups w/ red loop band	<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"/>
Front support hold w/ pointed toes, 20 sec, no fidgeting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cast shape hold, 10 sec, round back, flat hips, butt squeezed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kickover or pullover with spot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## VAULT

Boys Beginner   

High knee run w/ proper arm swings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bottom kicker run	<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

 PLEASE CIRCLE RECOMMENDED CLASS FOR THE NEXT SESSION 

Beginner	Intermediate	Advanced
----------	--------------	----------

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