

NAME / AGE: _____

CURRENT CLASS/DAY & TIME: _____

INSTRUCTOR: _____

INTERMEDIATE 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

Intermediate			
Backward roll on floor, foot & knee buddy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kick to handstand step in, ear buddies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backbend kickover off block or down wedge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mountain climber shape	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roundoff, stick, finish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>




BEAM

Intermediate			
High releve walk, down/back, arms side middle, pivot at end, arms in crown	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Step, passe, releve, length of beam	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HIGH straight jump w/ arm swing & finish, no wobbles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Side handstand, fall to push up position from low beam	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Level 1 mount	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BAR

Intermediate			
Candle hold, 10 sec, w/ shoulder spot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pull over or kick over w/o spot to front support hold, 10 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Pull ups w/ red loop band	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Straight arm casts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Leg lifts on high incline w/ straight legs, foot buddy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Back hip circle w/ spot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

VAULT

Intermediate			
Handstand flatback on 8 inch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run, punch, straight jump, stick, finish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run, punch, forward roll on high mat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1st Flight position (on belly), 15 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2nd Flight position (on back), 15 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heel drive to handstand on trampoline	<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



Intermediate

Advanced