

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

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

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

# PINK TEAM 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. Gymnasts should also have the maturity to move up. If you think a gymnast can skip a class leve; or is ready to tryout for team, please consult a head coach for further assessment.




SKILL LEVEL

 CANNOT DO

 IN PROGRESS

 MASTERED

## FLOOR

Pink Team			
Forward roll down wedge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backward roll down wedge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cartwheel over 4 stacked pit blocks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wall handstand hold w/ back against wall, 10 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## BEAM

Pink Team			
Walk in releve, hands on hips, no falls	<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"/>
Bunny hops, hands on shoulders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 Heel raises, no falls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Passe walks, no falls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## BARS

Pink Team			
Pull up hold, 5 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hanging tuck hold, 5 sec, ear buddies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Front support hold, 15 sec, no fidgeting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bar shimmy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Leg lifts on incline board/wedge	<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"/>
Pull over (OPTIONAL)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## VAULT

Pink Team			
High knee run	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bottom kicker run	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Standing straight jump, stick, finish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Straight jump on trampoline, hands on hips	<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 TEAM COLOR FOR THE NEXT SESSION



Pink	Red	Purple	Silver
------	-----	--------	--------