

PURPLE TEAM REQUIREMENTS

To get into purple team you must be able to do...

Vault	Bars	Beam	Floor
Fast Run	10 Tuck Ups	Front Kicks with straight legs	Cartwheel on Floor
Tight Straight Jump off Springboard	Pull up hold for 10 seconds	Straight Jumps	Handstand - Lunge - Finish
Tuck Jump off Springboard	"L-Hold" for 10 seconds	Show a lever	Beginner Roundoff
Straddle Jump off Springboard	3 Casts in a Row		Forward Roll on Floor
	Shoulder Shrugs in Front Support (straight arms)		Backward Roll on cheese mat
	Pull Over using Cheesmat		Kick to handstand on wall and hold 10 sec
	Straddle Swing		

