

NAME / AGE: _____

CURRENT CLASS/DAY & TIME: _____

INSTRUCTOR: _____

PURPLE 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 level or is ready to tryout for team, please consult a head coach for further assessment.


SKILL LEVEL

 CANNOT DO




 IN PROGRESS

 MASTERED


FLOOR

Purple Team			
Backward roll on floor, knee & foot buddies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cartwheel step in, ear buddies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handstand step in, ear buddies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backbend kickover, step in, ear buddies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mountain climber round off, off panel mat, ear buddies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>




BEAM

Purple Team			
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"/>

BARS

Purple Team			
Candle hold, 10 sec, w/ shoulder spot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pull over to front support hold, 10 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 Pull up from hanging to hold, 10 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Resistance band casts w/ straight arms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Straight arm cast, return to bar, good form	<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"/>

VAULT

Purple Team			
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"/>
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 TEAM COLOR FOR THE NEXT SESSION



Purple

Silver