

NAME / AGE: _____

CURRENT CLASS/DAY & TIME: _____

INSTRUCTOR: _____

RED 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. 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

Red Team			
Kick to vertical handstand w/o falling, near mat/wall	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pike handstand, feet on block & back on wall	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cartwheel on line, ear buddies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backbend kickover off block/wall	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forward roll down wedge, ear & knee buddies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backward roll down wedge, ear & knee buddies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mountain climber shape	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>




BEAM

Red Team			
Walk on HIGH releve, straight legs, arms in crown, no wobbles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Front kicks, straight legs, arms side middle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Straight jumps, hands on hips, toes pointed, no falls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Pivot turns, arms in crown, no falls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BAR

Red Team			
Pull up hold, 10 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Horizontal pull ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuck hold w/ LONG SHOULDERS, 10 sec	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kick over w/ wedge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Front support hold, 30 sec	<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"/>

VAULT

Red Team			
Bird, soldier, rocket w/ stick & finish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High knee run w/ proper arm swings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fast run on toes, not flat footed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trampoline punch w/ arm circle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run & punch board correctly	<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



Red	Purple	Silver
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