

SILVER TEAM REQUIREMENTS

To get into the SILVER Team you must be able to do...

Vault	Bars	Beam	Floor
Fast Run	Pull Over/Kick Over	High Straight Jump on high beam	Cartwheel on a Line, shows straight legs and proper finish
Straight jump - stick position	Back Hip Circle (bonus)	Kneel - Lever on high beam	Backbend Kickover on Cheese Mat
Handstand Flatback	Jump from block to Straddle Dismount	Cartwheel on floor beam	2 sec Handstand Hold
Underarm Swing	3 Casts w/ straight arms		Round off with rebound
Running Drills	3 Chin Ups		Show proper hollow body
	10 Leg Lifts		

