

Developmental Girls Progress Report - Term 1 - 2011

Gymnast: _____

Coach Testing: _____



VAULT	BARS	BALANCE BEAM	FLOOR
<input type="checkbox"/> 60 ft. run in 5 sec.	<input type="checkbox"/> PULL OVER	<input type="checkbox"/> front support	<input type="checkbox"/> lock 5s
<input type="checkbox"/> Straight jump on 16" (stick)	<input type="checkbox"/> 1 tight shape cast	<input type="checkbox"/> tuck sit /v sit 3s	<input type="checkbox"/> releve walks (brush action)
<input type="checkbox"/> Jump on with no hands	<input type="checkbox"/> hip hang, lift chest FS	<input type="checkbox"/> candle 2s	<input type="checkbox"/> coupe / passe 2s
<input type="checkbox"/> Forward roll to standing	<input type="checkbox"/> Body Slide 5s hold	<input type="checkbox"/> lying L 2s	<input type="checkbox"/> candle stick 3s
<input type="checkbox"/> hurdle arms	<input type="checkbox"/> Forward roll to L	<input type="checkbox"/> back/front tendu RL	<input type="checkbox"/> forward chasse RL
(step arms down/jump arms up)	<input type="checkbox"/> Cast push away dsm	<input type="checkbox"/> coupe/passe 2s	<input type="checkbox"/> kicks RL
FLEXIBILITY	<input type="checkbox"/> Floor Bar stradle/pike fall	<input type="checkbox"/> lock 2s	<input type="checkbox"/> tuck rolls FB
<input type="checkbox"/> Good Leg Split (w/20°)	STRENGTH	<input type="checkbox"/> leg swings RL	<input type="checkbox"/> kick to 3/4 HS
<input type="checkbox"/> Other Leg Split (w/30°)	<input type="checkbox"/> 1 leg lift on stall bars	<input type="checkbox"/> straight jump	<input type="checkbox"/> cartwheel to lunge
<input type="checkbox"/> Middle Split (w/30°)	<input type="checkbox"/> 1 chin up	<input type="checkbox"/> Low bb T shape 2s	<input type="checkbox"/> standing bridge ⚡
<input type="checkbox"/> 5s pike stretch on bb	<input type="checkbox"/> 3s L hold	<input type="checkbox"/> lunge 2s	<input type="checkbox"/> bridge kicks 2x
<input type="checkbox"/> Bridge against wall	<input type="checkbox"/> 5 sit ups no help	<input type="checkbox"/> kneeling arms by ears	<input type="checkbox"/> straigh/tuck/split jump
<input type="checkbox"/> knee arch / touch heels	<input type="checkbox"/> 10s wall hanstand	<input type="checkbox"/> high bb walk FS	<input type="checkbox"/> standing leap
	<input type="checkbox"/> 10s hollow & arch shape		

Congratulations on your progress! Class to sign up for next term

Pink

⚡ Bonus element

Develop. Girls

Pink / Fastastic Felines Progress Report - Term 1 - 2011



Gymnast: _____

Coach Testing: _____

VAULT	BARS	BALANCE BEAM	FLOOR
<input type="checkbox"/> 60 ft. run in 4.5 sec.	<input type="checkbox"/> 2 feet PULL OVER	<input type="checkbox"/> arabesque 2s 45°	<input type="checkbox"/> 1 row kicks FSB
<input type="checkbox"/> Straight jump on 16" (stick)	<input type="checkbox"/> 2 tight horizontal casts	<input type="checkbox"/> tuck sit /v sit 3s	<input type="checkbox"/> releve walks (brush action)
<input type="checkbox"/> Handstand flat back 8" mat	<input type="checkbox"/> backhip circle	<input type="checkbox"/> stradle swing to push up	<input type="checkbox"/> 1/4 coupe / passe snap turn
<input type="checkbox"/> hurdle w arm circle	<input type="checkbox"/> leg cuts FB low bar	<input type="checkbox"/> 180° pivot	<input type="checkbox"/> candle stick 5s
<input type="checkbox"/> jump to hs flat back 16" mat	<input type="checkbox"/> single knee uprise	<input type="checkbox"/> back/front tendu RL	<input type="checkbox"/> F chasse RL to 90° leg swing lock
FLEXIBILITY	<input type="checkbox"/> single leg L 2s hold	<input type="checkbox"/> coupe/passe crown arm 2s	<input type="checkbox"/> 2 180° pivot turns
<input type="checkbox"/> Good Leg Split	<input type="checkbox"/> Floor Bar stradle/pike fall	<input type="checkbox"/> lock 3s	<input type="checkbox"/> pike rolls FB on cheese
<input type="checkbox"/> Other Leg Split (w/20°)	STRENGTH (min)	<input type="checkbox"/> 5 kicks FSB RL	<input type="checkbox"/> kick to cross HS lunge finsh
<input type="checkbox"/> Middle Split (w/20°)	<input type="checkbox"/> 3 leg lift on stall bars	<input type="checkbox"/> straight / tuck jump	<input type="checkbox"/> 2 S cartwheels finsh S
<input type="checkbox"/> 10s pike stretch on bb	<input type="checkbox"/> 3 chin up	<input type="checkbox"/> kn T shape 2s	<input type="checkbox"/> standing bridge ⚡
<input type="checkbox"/> Bridge against wall 10s	<input type="checkbox"/> 5s L hold	<input type="checkbox"/> kn S cartwheel hs dism	<input type="checkbox"/> bridge kickover on cheese
<input type="checkbox"/> knee bridge hold 10s	<input type="checkbox"/> 10 sit ups no help	<input type="checkbox"/> 3/4 see saw	<input type="checkbox"/> straigh/tuck jump
<input type="checkbox"/> one knee bridge and up	<input type="checkbox"/> 15s wall hanstand	<input type="checkbox"/> high bb releve walk FS	<input type="checkbox"/> 45° split jump & leap
<input type="checkbox"/> bridge on bb 5s	<input type="checkbox"/> 10s hollow & arch shape		

Congratulations on your progress!

Class to sign up for next term

Red

Platinum

⚡ Bonus element

Pink / Felines

Red Team Progress Report

Gymnast: _____

Coach Testing: _____



VAULT	BARS	BALANCE BEAM	FLOOR
<input type="text"/> 60 ft. run in 4s, technique	<input type="text"/> 2 feet PULL OVER	<input type="text"/> arabesque 3s 45°	<input type="text"/> 1 row kicks FSB
<input type="text"/> Jump on & off w/arm circle	<input type="text"/> 3 tight horizontal casts	<input type="text"/> tuck, v, str swing to pushup	<input type="text"/> 1 row pike walks
<input type="text"/> HS block to flatback 8"mt	<input type="text"/> cast, backhip circle, cast	<input type="text"/> push up to tuck	<input type="text"/> pike F roll straddle stand
<input type="text"/> HS to flatback 16"mt	<input type="text"/> leg cuts FB	<input type="text"/> 2 180° pivot	<input type="text"/> pike B roll pike stand
<input type="text"/> HS F roll to stand 24"mt	<input type="text"/> mill circle(bent leg ok)	<input type="text"/> F & B leg swings cl. Lock 3s	<input type="text"/> 3s headstand hold
FLEXIBILITY	<input type="text"/> F support underswg dism	<input type="text"/> coupe/passe crown arm 2s	<input type="text"/> 2s candle, bridge kickover
<input type="text"/> Good Leg Split	<input type="text"/> candle hold 2s	<input type="text"/> 5 kicks FSB RL	<input type="text"/> 180° pivot turn step pivot turn
<input type="text"/> Other Leg Split	STRENGTH (min)	<input type="text"/> straight / tuck jump	<input type="text"/> 3 hops to cartwheel step in
<input type="text"/> Middle Split (w/20°)	<input type="text"/> 4 leg lift on stall bars	<input type="text"/> split jump (low bb)	<input type="text"/> kick handstand front limber ⚡
<input type="text"/> 15s pike stretch on bb	<input type="text"/> 4 chin up	<input type="text"/> straight leg leap 60° ⚡	<input type="text"/> back limber on cheese
<input type="text"/> 15s Bridge against wall	<input type="text"/> 10s L hold	<input type="text"/> 3/4 S cartwheel hs dism	<input type="text"/> 1/2 coupe & 2 1.4 passe snap turn
<input type="text"/> 5s knee bridge hold	<input type="text"/> 15 sit ups no help	<input type="text"/> 3/4 cross handstand	<input type="text"/> F chas. 60° leap, 60° split jump plie lck ⚡
<input type="text"/> 2 knee bridge and up	<input type="text"/> 20s wall hanstand	<input type="text"/> high bb run & relv walks	<input type="text"/> 60° straddle jump ⚡
<input type="text"/> 10s bridge on bb	<input type="text"/> 15s hollow & arch shape		

Congratulations on your progress!

Class to sign up for next term

Purple _____

⚡ Bonus element

Red

Purple & Platinum Progress Report

Gymnast: _____

Coach Testing: _____

VAULT	BARS	BALANCE BEAM	FLOOR
<input type="text"/> 60 ft. run in 4s, technique	<input type="text"/> Pike glide	<input type="text"/> 5s arabesque 60°	<input type="text"/> FB leg swing 90°
<input type="text"/> Jump on & off w/arm circle	<input type="text"/> 5 tight horizontal casts	<input type="text"/> leg swing cross sit mount	<input type="text"/> pike sit pike B roll, pike stand
<input type="text"/> HS block to flatback 8"mt	<input type="text"/> F hip circle (w/spot ok)	<input type="text"/> 5s relieve lock hold	<input type="text"/> HS Forward roll (straight arms) ⚡
<input type="text"/> HS to flatback 16"mt	<input type="text"/> single leg shoot thru	<input type="text"/> pivot step pivot turn	<input type="text"/> HS bridge kickover ⚡
<input type="text"/> HS forward roll portapit	<input type="text"/> F mill circle (straight legs)	<input type="text"/> F & B leg swings cl. Lock 3s	<input type="text"/> FB Back Walkover (Good leg) ⚡
FLEXIBILITY	<input type="text"/> cast, Bhipcircle underswg	<input type="text"/> 1/2 coupe/passe snap turn	<input type="text"/> F chasse 90° straight leg leap
<input type="text"/> Good Leg Split	<input type="text"/> 3s candle hold	<input type="text"/> 5 kicks FSB RL 90°	<input type="text"/> 1/2 coupe turn
<input type="text"/> Other Leg Split	STRENGTH (min)	<input type="text"/> straight jump, plie relv lock	<input type="text"/> 1/2 F passe turn (crown arms)
<input type="text"/> Middle Split (w/20°)	<input type="text"/> 5 leg lift on stall bars	<input type="text"/> split jump / straight jump ⚡	<input type="text"/> standing round off
<input type="text"/> 20s pike stretch on bb	<input type="text"/> 5 chin ups	<input type="text"/> straight leg leap 90°	<input type="text"/> standing backhandspring on tramp
<input type="text"/> 10s bridge against wall	<input type="text"/> 15s L hold	<input type="text"/> 2s S HS hold dismt	<input type="text"/> split, straight and straddle jumps 90°
<input type="text"/> 10s knee bridge hold	<input type="text"/> 20 sit ups no help	<input type="text"/> cross handstand	<input type="text"/> 5s 90° front leg balance
<input type="text"/> 3 knee bridge and up	<input type="text"/> 25s wall hanstand	<input type="text"/> chasse RL (high bb) ⚡	<input type="text"/> 5s headstand hold, bridge out stand ⚡
<input type="text"/> 10s bridge on bb	<input type="text"/> 25s hollow & arch shape		

Congratulations on your progress!

Class to sign up for next term

Level 3 Team

⚡ Bonus element

Purple

Platinum

Level 3 2013 Progress Report

Gymnast: _____

Coach Testing: _____

VAULT	BARS	BALANCE BEAM	FLOOR
<input type="text"/> 60 ft. run in 4s, technique	<input type="text"/> Pike glide / kip ☼	<input type="text"/> 5s arabesque / scale	<input type="text"/> running passe hop
<input type="text"/> Jump on & off w/arm cicle	<input type="text"/> 5 horizontal casts	<input type="text"/> leg swing cross sit mount	<input type="text"/> Back extension
<input type="text"/> HS block to flatback 8"mt	<input type="text"/> cast squat / pike on	<input type="text"/> 10s releve lock hold RL	<input type="text"/> sissone chasse split leap 120° (+) ☼
<input type="text"/> spr b block flatbck 16"mt	<input type="text"/> cast horz back hip circle	<input type="text"/> F & B leg swings cl. Pivot	<input type="text"/> large step swing hop
<input type="text"/> Handstand block table	<input type="text"/> low bar tap swings ☼	<input type="text"/> 1/2 (180°) <i>F passe</i> turn	<input type="text"/> BF Walkover (120°) <i>RL</i>
FLEXIBILITY	<input type="text"/> cast, Bhipcircle underswg	<input type="text"/> 5 kicks FSB RL 90°	<input type="text"/> 360° passe turn ☼
<input type="text"/> Good Leg Split	<input type="text"/> low bar run to push ☼	<input type="text"/> straight jump, plie relv lock	<input type="text"/> round off backhandspring
<input type="text"/> Other Leg Split (10°)	STRENGTH (min)	<input type="text"/> split 120° / straight jump	<input type="text"/> round off 2 backhansprings TB Track ☼
<input type="text"/> Middle Split	<input type="text"/> 5 or more L leg lifts	<input type="text"/> straight leg leap 120° lock	<input type="text"/> straight jump 1/2 turn (+)
<input type="text"/> 30s pike stretch on bb	<input type="text"/> 5 or more chin ups	<input type="text"/> 1s S HS 1/4 turn dismt	<input type="text"/> straddle jump 120°
<input type="text"/> 10s bridge against wall	<input type="text"/> 20s L hold	<input type="text"/> 1s cross handstand	<input type="text"/> front headspring ☼
<input type="text"/> 10s knee bridge hold	<input type="text"/> 20 V ups (good form)	<input type="text"/> cartwheel (low bb) ☼	<input type="text"/> front handspring TB Track ☼
<input type="text"/> 5 knee bridge and up	<input type="text"/> 30s wall hanstand	<input type="text"/> sissone (low bb) ☼	<input type="text"/> front Tuck / Pit / Trampoline ☼
<input type="text"/> 10s bridge on bb leg up	<input type="text"/> 30s hollow & arch shape		

Congratulations on your progress!

Class to sign up for next term

Level 4 Team

☼ Bonus element

Level 3 Team

Xcel