

## Level 4 (Team) Evaluation Form

Gymnast's Name: \_\_\_\_\_

\* = Must have skill in order to move to Level 5

### Vault – Level 4 skills

- \*Fronthandspring over table (no spot) \_\_\_\_\_
- \*Front layout to resi-pit \_\_\_\_\_
- Handstand hop up to an 8 incher \_\_\_\_\_

Skills to be progressing on (circle the skills they have):

Better form on fronthandspring over table, better form on front layout to resi-pit

### Bars – Level 4 skills

- \*Kip (no spot) \_\_\_\_\_
- \*Cast to horizontal \_\_\_\_\_
- \*Long-hang Kip \_\_\_\_\_
- \*Cast to horizontal to back hip circle on high bar \_\_\_\_\_
- \*Underswing to two tap swings \_\_\_\_\_
- \*Level 4 Dismount \_\_\_\_\_

Skills to be progressing on (circle the skills they have):

Squat-ons, Jump to high bar, Baby Giants; Flyaways

### Beam – Level 4 skills

- \*Cartwheel on high beam \_\_\_\_\_
- \*Arabesque to Scale (horizontal) \_\_\_\_\_
- \*Straight leg leap (120 degrees) \_\_\_\_\_
- \*1 sec. Cross Handstand Hold \_\_\_\_\_
- Split Jump (120 degrees) to Stretch Jump \_\_\_\_\_
- ½ Turn in forward passe \_\_\_\_\_
- Cartwheel to side handstand, ¼ turn dismount \_\_\_\_\_

Skills to be progressing on (circle the skills they have):

Backwalkovers, Backhandsprings, Bigger Jumps and Leaps

### Floor – Level 4 skills

- \*Straddle Jump (120 degrees) to stretch jump ½ turn \_\_\_\_\_
- \*Fronthandspring to two feet \_\_\_\_\_
- \*Backward roll to handstand (straight arms) \_\_\_\_\_
- Good leg splits all the way down \_\_\_\_\_
- \*Sissone, forward chasse, straight leg leap (120) to leg swing hop \_\_\_\_\_
- 1/1 Turn \_\_\_\_\_
- Round-off 2 Backhandsprings \_\_\_\_\_

Skills to be progressing on (circle the skills they have):

Round-off backhandspring back tuck; Front Tucks, Handstand snap down to 2 Bhs's

Level to enroll in next session: \_\_\_\_\_

Comments: