

Intermediates Evaluation Form

Gymnast's Name: _____

* = Must have skill in order to move to Level 2

Vault - Level 1B skills

- *Hurdle onto board with under-arm circle _____
- *Stretch jump from board to two 8 inchers _____
- *Handstand Flatback _____
- *Squat on from board to spotting block (no hands) _____

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

Jump to handstand on resi and fall to back; Hollow Body Holds (10 sec)

Bars - Level 1B skills

- *Back hip pullover (no spot) _____
- *Cast to 15 degrees below horizontal _____
- *Back hip circle (no spot) _____
- Straddle-on, sole circle dismount (light spot) _____
- *Underswing dismount _____

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

Single-leg cut forward; Single-leg Basket Swings; Glides, 5 Leg Lifts

Beam - Level 1B skills

- *Pike lying position to stand up _____
- *Arabesque (30 degrees) _____
- *Lever to "T" position _____
- *Stretch Jump _____
- *Cartwheel to ¾ handstand dismount (Med. Beam) _____

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

Swing to push-up stand, Lever to Beam, Cartwheel on low beam, Pivot Turns

Floor - Level 1B skills

- *Handstand (no spot) _____
- *Cartwheel (no spot, start and end in lunge) _____
- *Tucked backward roll on floor _____
- Forward Chasse, step to leg swing _____
- Split Jump (30 degrees) _____

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

Round-off, Bridge-kickover off block, Handstand to Bridge

Level to enroll in next session: _____

Comments: