

Beginners Evaluation Form

Gymnast's Name: _____

* = Must have skill in order to move to Intermediates

Vault – Level 1a skills

60 Foot Run (arms bent; knees up) _____
*Hurdle onto board with under-arm circle _____
*Stretch jump from board to two 8 inchers _____
Controlled “stick” position _____

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

Handstand flatback; Handstand hop on floor; Squat on to spotting block

Bars – Level 1a skills

*Back hip pullover (light spot) _____
*Cast (getting hips off the bar by them self) _____
*Back hip circle (light spot) _____
Straddle-on to bar (with spot) _____
*Underswing dismount _____

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

Back hip pullover; Back hip circle; Casting to 15 degrees below horizontal

Beam – Level 1a skills

*Jump to front support mount, kick leg over _____
*Releve Balance on both feet (5 sec.) _____
*Forward Leg Swings (45 degrees) _____
*Leg Balance in forward Passe (5 sec.) _____
*Walk forward, backward, sideward (light spot) _____

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

Pike lying position to stand up; Lever to “T” position; Stretch jump; Side dismount;
V-Sit; Forward Roll on low beam

Floor – Level 1a skills

*¾ Handstand (by them self) _____
*Hold Candlestick position (arms next to body) _____
*Tucked Forward Roll (by them self) _____
*Walk with pointed feet _____
*Forward Chasse's _____
Bridge _____

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

Cartwheel (legs going over the top); backward roll down a wedge; forward leg kicks;
Split jump to 30 degrees

Level to enroll in next session: _____

Comments: