

Level 3 (Pre-Team) Evaluation Form

Gymnast's Name: _____

* = Must have skill in order to move to Level 4 (Team)

Vault - Level 3 skills

- Jump to handstand on blue resi-pit and fall to back _____
- An accelerated run with good arm and leg technique _____
- 30 sec. Handstand Hold against wall _____

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

Fronthandspring ove blue resi or vault; Flysprings or front layouts onto resi-pit

Bars - Level 3 skills

- *Glide swing to straight body position and return _____
- Back hip pullover to a back hip circle (no spot) _____
- *Kip (light spot) _____
- *Front hip circle, small cast, return to front support _____
- Long Hang Pullover _____
- *Squat-on _____

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

Squat-ons, Tap swings, Dead Cows, Long hang kip

Beam - Level 3 skills

- Level 3 Mount _____
- *Cross Handstand (must reach handstand but not hold) _____
- *Straight leg leap (90 degrees) _____
- *Two ½ pivot turns _____
- *½ Turn Heel-Snap Turn _____
- Cartwheel to side handstand, ¼ turn dismount _____

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

Cartwheels, Split Jumps, Bridge kickovers on low beam

Floor - Level 3 skills

- Split Jump (90 degrees) to stretch jump _____
- *Handstand to bridge, back kick over (no spot) _____
- *Front Limber or Front Walkover _____
- Forward Chasse, straight leg leap (90 deg), to leg swing in releve _____
- Backward Roll to Push-up Position _____
- Backwalkover _____
- *Round-off, Backhandspring two-foot (NO spot) _____

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

Round-off 2 backhandsprings; front limbers; fronthandsprings, ½ turn

Level to enroll in next session: _____

Comments: