

**Level 5 (Team) Evaluation Form**

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

\* = Must have skill in order to move to Level 6 (Optional)

**Vault - Level 5 skills**

- \*Fronthandspring over table (no spot) \_\_\_\_\_
- \*Front layout to resi-pit \_\_\_\_\_
- Tsuks off the wedge \_\_\_\_\_
- Round-offs onto a spring board \_\_\_\_\_

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

Tsuk Drills, Yurchenko Drills, Twisting fronthandspring

**Bars - Level 5 skills**

- \*Kip to Cast Above horizontal \_\_\_\_\_
- \*Clear hip circle to above horizontal to immediate kip \_\_\_\_\_
- \*Long hang kip to cast above horizontal \_\_\_\_\_
- \*Long hang pullover (Baby Giant) \_\_\_\_\_
- \*Underswing, 2 tap swings, to flyaway \_\_\_\_\_

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

Straddle cast to handstand; Giants, Multiple Kips in a row, Layout Flyaway

**Beam - Level 5 skills**

- \*Backwalkover or Backhandspring on high beam \_\_\_\_\_
- Rond de jambe, arabesque, to scale (above horizontal, 1 sec hold) \_\_\_\_\_
- Straight leg leap (150 deg) to straight jump \_\_\_\_\_
- \*Cross Handstand (2 sec hold) \_\_\_\_\_
- \*Split Jump (150 deg) to Sissonne \_\_\_\_\_
- \*1/1 turn \_\_\_\_\_
- \*Cartwheel to side handstand (hold 2 sec), 1/4 turn dismount \_\_\_\_\_

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

Front or Back tuck dismount; Flight Series; "C" level Jumps

**Floor - Level 5 skills**

- \*Straddle Jump (150 degrees) to stretch jump 1/1 turn \_\_\_\_\_
- \*Fronthandspring step-out to FHS two foot, rebound \_\_\_\_\_
- \*Front Tuck \_\_\_\_\_
- \*Sissone (135), forward chasse, switch leap (150)) to leg swing hop \_\_\_\_\_
- 1/1 Turn \_\_\_\_\_
- \*Round-off BHS back tuck \_\_\_\_\_

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

Round-off backhandspring back layout; Fronthandspring Front Tuck

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

Comments: