

CHILDS NAME \_\_\_\_\_

# BOYS LEVEL 2 EVALUATION SHEET

Must complete 100% of skills tested to Move Up to the next level

## Vault:

- Accelerated run     Dive roll
- Arm circle/Jump     3 Bounders on board

## Rings:

- Pull up (3 sec.)     Swing inverted hang pike
- L hold (3 sec.)     Skin the cat stick

## High bar: (all with spot)

- Pull up, Pullover (spot)     Strong tap swing hop
- Cast (hips off)     Dismount stick

## Pommel horse: (no spot)

- 1/2 Circle on floor     Horizontal swings
- 3/4 circle     Cut over, cut over stick
- Mushroom dismount

## P-Bars:

- Horizontal swings     Straddle L Hold (3 sec.)
- Straddle Dip     Swing over to push up

## Floor:

- Cartwheel, cartwheel     Handstand roll
- Headstand (3 sec.)     Round off
- Back roll to push up, seal     Tuck jump

## Conditioning:

- 10 sec. hollow hold     10 perfect push ups     10 sec. HS against wall

Something Great about Me:

\_\_\_\_\_  
\_\_\_\_\_

Something for me to work on:

\_\_\_\_\_  
\_\_\_\_\_

Coach's Name:

\_\_\_\_\_

Ready to move up \*    or     Staying in current level

Evaluation Key:  = Completed     = Partially Complete   

\* If your child is ready to move up please go onto the Parent Portal on our website to request a class in their new level.

Please contact us if you have trouble changing classes.



www.legacygymnastics.com

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