

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

# BOYS MINI MITE EVALUATION SHEET

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

## Vault:

- Run
- 2 foot jump
- Jump stick

## Rings:

- Swings
- 3 "L" lifts
- Pull up
- Birds nest

## High bar:

- Forward roll
- Small casts
- Swings (with thumbs)
- Pull up

## Pommel horse:

- Front support (3 sec)
- Tuck thru to stick
- Swings
- Walk around circle

## Floor:

- Forward roll (no hands)
- Backward roll (spot)
- Arabesque (3 sec.)
- Teeter totter
- Push up position

## P-Bars:

- Front support (5 sec.)
- Swing to straddle
- Small swings
- Straddle roll off

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](http://www.legacygymnastics.com)

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