

CHILDS NAME _____

GIRLS LEVEL 1 EVALUATION SHEET

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

Vault:

- Run - correct arms
- Step Arm Circle Jump
- 5 Straight Bounces on Spring Board

Beam:

- Forward releve walk
- Arabesque (hold 2 sec.)
- Ready Position
- 45 Degree Lever
- Straight jump
- Crown lock

Bars:

- Chin up, LHold (3 sec.)
- Small Cast (good form)
- 1/2 Back Hip Circle (straight arms)
- Jump to Bar (Glide drill)

Floor:

- 3/4 Handstand (to lunge)
- Back bend
- Backward roll
- Cartwheel to lunge

shaping: Tight Body Hollow Arch (Superman)

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.



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