

CHILDS NAME

# GIRLS LEVEL 2 EVALUATION SHEET

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

## Vault:

## Beam:

- Accelerated Run
- Stick (Arms up)
- Passe Hold (2 sec.)
- Lever T close (2 sec.)
- Run Arm Circle Jump
- HS Fall Straight Body
- Straight jump (toes tight)
- Pivot turn
- 3 Connected Straight Bounces
- Side HS dismount from knee

## Bars:

## Floor:

- 3 small connected casts
- Jump pullover (light spot)
- Vertical handstand to lunge
- Cartwheel close
- Cast Back hip circle (light spot)
- Glide to 45 degrees
- Back roll to pike (bent arms)
- Split jump
- Cut back (spot)
- Forward chasse (right & left)

shaping:  Tight Body (5 sec.)  Hollow (5 sec.)  Arch (Superman) (5 sec.)

Something Great about Me:

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Something for me to work on:

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Coach's Name:

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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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