

CHILDS NAME _____

BOYS LEVEL 1 CCY EVALUATION SHEET

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

Vault:

- Run - correct arms
- Accelerated Run
- 2 foot jump
- Stick

High bar: (all with spot)

- Pull up pullover
- Tap Swing, Hop
- Casts

Rings:

- Swings (45')
- Inverted straight hang
- L hold (1 sec.)
- 2 Pull ups
- 5 "L" lifts

Pommel horse:

- 2 Circle walk around
- Jump 1/2 Circle
- 1/4 Circle on Floor

Floor:

- Mini Handstand
- Arabesque (5 sec.)
- Headstand
- Back roll to push up
- Mini cartwheel
- Stretch jump

Conditioning:

- 5 sec. hollow hold
- 5 perfect push ups
- 5 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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