CHILDS NAME

BOYS LEVEL 1 CCY EVALUATION SHEET

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

	L J	L	
Vault:		High bar: (all u	vith spot)
Run - correct arms 2 foot jump	Accelerated Run Stick	Pull up pullover Casts	Tap Swing, Hop
Rings:		Pommel horse:	
Swings (45') L hold (1 sec.)	Inverted straight hang2 Pull ups	2 Circle walk around	Jump 1/2 Circle 1/4 Circle on Floo
5 "L" lifts	L	Floor:	¬ ,
·		Mini Handstand	Arabesque (5 sec.)
		Headstand	Back roll to push u
		Mini cartwheel	Stretch jump
Conditionin	g:		
5 sec. hollow hold	5 perfect push ups	5 sec. HS against wall	
Something Great a	about Me:		
Something for me	e to work on:		
Coach's Name: _			
Ready	to move up * or	Staying in current	level
Evaluation Key:	= Completed $=$ F	Partially Complete	
* If your child is ready to mo	ove up please go onto the Parent Po	ortal on our website to request a class	in their new level.
	Please contact us if you have t	rouble changing classes.	
	Lega	STICS	

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5 sec. hollow hold	5 perfect push ups	5 sec. HS against wall	
Something Great	about Me		
	about Me.		
Something for m	ne to work on:		
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