

CHILDS NAME _____

BOYS LEVEL 2 CCY EVALUATION SHEET

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

Vault:

- Accelerated run Dive roll
- Arm circle/Jump 3 Bounders on board

Rings:

- Pull up (3 sec.) Swing inverted hang pike
- L hold (3 sec.) Skin the cat stick

High bar: (all with spot)

- Pull up, Pullover (spot) Strong tap swing hop
- Cast (hips off) Dismount stick

Pommel horse: (no spot)

- 1/2 Circle on floor Cut over, cut over stick
- 3/4 circle Mushroom dismount

Floor:

- Cartwheel, cartwheel Handstand roll
- Headstand (3 sec.) Round off
- Back roll to push up, seal Tuck jump

Conditioning:

- 10 sec. hollow hold 10 perfect push ups 10 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

CHILDS NAME _____

BOYS LEVEL 2 CCY EVALUATION SHEET

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

Vault:

- Accelerated run Dive roll
- Arm circle/Jump 3 Bounders on board

Rings:

- Pull up (3 sec.) Swing inverted hang pike
- L hold (3 sec.) Skin the cat stick

High bar: (all with spot)

- Pull up, Pullover (spot) Strong tap swing hop
- Cast (hips off) Dismount stick

Pommel horse: (no spot)

- 1/2 Circle on floor Cut over, cut over stick
- 3/4 circle Mushroom dismount

Floor:

- Cartwheel, cartwheel Handstand roll
- Headstand (3 sec.) Round off
- Back roll to push up, seal Tuck jump

Conditioning:

- 10 sec. hollow hold 10 perfect push ups 10 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