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# GIRLS LEVEL 1 EVALUATION SHEET

*Must Complete 100% of Skills to Move Up to the Next Level*

## Vault:

- Tight Body Jumps w/ Pointed Toes     Jump, Stick     Run (Correct Arms)

## Bars:

- Front Support     Cast Position (Floor)     Glide Drill (Wall)
- Chin Up L Hold

## Beam:

- Hold Ready/Crown     Forward Walk     Kicks
- Jump     Beam Feet

## Floor:

- Forward Roll     Backwards Roll on Incline
- Mtn Climber, Lever, Close

Something Great about Me:

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Something for me to work on:

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Coach's Name:

Ready to Move Up    or     Staying in Current Level

Evaluation Key:  =Completed     =Partially Completed

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# GIRLS LEVEL 1 EVALUATION SHEET

*Must Complete 100% of Skills to Move Up to the Next Level*

## Vault:

- Tight Body Jumps w/ Pointed Toes     Jump, Stick     Run (Correct Arms)

## Bars:

- Front Support     Cast Position (Floor)     Glide Drill (Wall)
- Chin Up L Hold

## Beam:

- Hold Ready/Crown     Forward Walk     Kicks
- Jump     Beam Feet

## Floor:

- Forward Roll     Backwards Roll on Incline
- Mtn Climber, Lever, Close

Something Great about Me:

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Something for me to work on:

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Coach's Name:

Ready to Move Up    or     Staying in Current Level

Evaluation Key:  =Completed     =Partially Completed

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# GIRLS LEVEL 2 EVALUATION SHEET

*Must Complete 100% of Skills to Move Up to the Next Level*

## Vault:

- Arm Circle, Jump       Run, Arm Circle, Jump, Stick

## Bars:

- Glide (Slider)     Candle Hold (Assisted)     Cast (Good Form)
- Chin Up L Hold (3 Sec.)     Pushdown Hold (3 Sec.)

## Beam:

- Arabesque       Mtn Climber, Lever T     Arm Circle Jump
- Releve Walks

## Floor:

- Backbend       Backwards Roll
- Handstand to Close

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 Completed

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# GIRLS LEVEL 2 EVALUATION SHEET

*Must Complete 100% of Skills to Move Up to the Next Level*

## Vault:

- Arm Circle, Jump       Run, Arm Circle, Jump, Stick

## Bars:

- Glide (Slider)     Candle Hold (Assisted)     Cast (Good Form)
- Chin Up L Hold (3 Sec.)     Pushdown Hold (3 Sec.)

## Beam:

- Arabesque       Mtn Climber, Lever T     Arm Circle Jump
- Releve Walks

## Floor:

- Backbend       Backwards Roll
- Handstand to Close

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 Completed

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# GIRLS LEVEL 3 EVALUATION SHEET

*Must Complete 100% of Skills to Move Up to the Next Level*

## Vault:

- Handstand Flatback     Accelerated Run     3 Tight Body Jumps  
 Run, Arm Circle, Jump, Stick (Arms Up)

## Bars:

- Pullover (Spot)     Pushdown BHC     3 Connected Casts     Glide

## Beam:

- Mtn Climb, Lever T, Close     Passe     Side HS Dismount (Floor Beam)  
 Pivot Turn

## Floor:

- Vertical Handstand     Cartwheel Close     Standing Backbend  
 Split Jump

Something Great about Me:

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Something for me to work on:

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Coach's Name:

Ready to Move Up    or     Staying in Current Level

Evaluation Key:  =Completed     =Partially Completed

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# GIRLS LEVEL 3 EVALUATION SHEET

*Must Complete 100% of Skills to Move Up to the Next Level*

## Vault:

- Handstand Flatback     Accelerated Run     3 Tight Body Jumps  
 Run, Arm Circle, Jump, Stick (Arms Up)

## Bars:

- Pullover (Spot)     Pushdown BHC     3 Connected Casts     Glide

## Beam:

- Mtn Climb, Lever, Close     Passe     Side HS Dismount (Floor Beam)  
 Pivot Turn

## Floor:

- Vertical Handstand     Cartwheel Close     Standing Backbend  
 Split Jump

Something Great about Me:

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Something for me to work on:

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Coach's Name:

Ready to Move Up    or     Staying in Current Level

Evaluation Key:  =Completed     =Partially Completed

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# GIRLS LEVEL 4 EVALUATION SHEET

*Must Complete 100% of Skills to Move Up to the Next Level*

## Vault:

- Running HS Flatback     3 Straight Bounces w/ Arm Circles Run
- Run, Arm Circle, Jump to Platform

## Bars:

- Step/Jump Pullover     Glide w/ Jump     Cast BHC (Light Spot)
- Dismount w/ Blocks

## Beam:

- Side HS Dismount     Vertical HS (Floor Beam)     Pivot Turn, Pivot Turn
- Tuck Jump

## Floor:

- HS Fwd Roll     Bwds Extension Roll     Chasse, Leap     Roundoff
- Something Great about Me:

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Something for me to work on:

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Coach's Name:

Ready to Move Up    or     Staying in Current Level

Evaluation Key:  =Completed     =Partially Completed

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# GIRLS LEVEL 4 EVALUATION SHEET

*Must Complete 100% of Skills to Move Up to the Next Level*

## Vault:

- Running HS Flatback     3 Straight Bounces w/ Arm Circles Run
- Run, Arm Circle, Jump to Platform

## Bars:

- Step/Jump Pullover     Glide w/ Jump     Cast BHC (Light Spot)
- Dismount w/ Blocks

## Beam:

- Side HS Dismount     Vertical HS (Floor Beam)     Pivot Turn, Pivot Turn
- Tuck Jump

## Floor:

- HS Fwd Roll     Bwds Extension Roll     Chasse, Leap     Roundoff
- Something Great about Me:

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Something for me to work on:

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Coach's Name:

Ready to Move Up    or     Staying in Current Level

Evaluation Key:  =Completed     =Partially Completed

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# GIRLS LEVEL 5 EVALUATION SHEET

*Must Complete 100% of Skills to Move Up to the Next Level*

## Vault:

- HS over Sideways Platform    Jump to Table    HS Pop (Floor)

## Bars:

- Straddle/Pike Dismount    Squat On (Floor Bar)
- Horizontal Casts    BHC (no spot)

## Beam:

- Vertical Handstand (spot)    Split Jump
- Half Turn

## Floor:

- Front Limber    Backwalkover    Roundoff Rebound
- Backhandspring over Boulder

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 Completed

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# GIRLS LEVEL 5 EVALUATION SHEET

*Must Complete 100% of Skills to Move Up to the Next Level*

## Vault:

- HS over Sideways Platform    Jump to Table    HS Pop (Floor)

## Bars:

- Straddle/Pike Dismount    Squat On (Floor Bar)
- Horizontal Casts    BHC (no spot)

## Beam:

- Vertical Handstand (spot)    Split Jump
- Half Turn

## Floor:

- Front Limber    Backwalkover    Roundoff Rebound
- Backhandspring over Boulder

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 Completed

# GIRLS LEVEL 6 EVALUATION SHEET

*Must Complete 100% of Skills to Move Up to the Next Level*

## Vault:

HS Flatback over Vault Mat

## Bars:

Squat On       Glide, Toe to Bar       High Bar Pull Ups ( 3 – 5 )  
 Tap Swing Shapers

## Beam:

Cartwheel (Low Beam)       Full Turns ( Low Beam )  
 Leap (Low or High Beam)       Round off dismount off High Beam

## Floor:

Spotted Backhandspring       Leap Pass

Something Great about Me:

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Something for me to work on:

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Coach's Name:

Ready to Move Up    or     Staying in Current Level

Evaluation Key:  =Completed       =Partially Completed

# GIRLS LEVEL 6 EVALUATION SHEET

*Must Complete 100% of Skills to Move Up to the Next Level*

## Vault:

HS Flatback over Vault Mat

## Bars:

Squat On       Glide, Toe to Bar       High Bar Pull Ups ( 3 – 5 )  
 Tap Swing Shapers

## Beam:

Cartwheel (Low Beam)       Full Turns ( Low Beam )  
 Leap (Low or High Beam)       Round off dismount off High Beam

## Floor:

Spotted Backhandspring       Leap Pass

Something Great about Me:

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Something for me to work on:

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Coach's Name:

Ready to Move Up    or     Staying in Current Level

Evaluation Key:  =Completed       =Partially Completed

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# GIRLS LEVEL 7 EVALUATION SHEET

*Must Complete 100% of Skills to Move Up to the Next Level*

## Vault:

HS Flatback over Vault Mat (assisted)

## Bars:

Kip (spotted)    BHC (correct shape)    5 Pulls Ups  
 3 Tap Swings

## Beam:

Cartwheel (High Beam)    Leap  
 Bk Walkover (low beam)    Front Tuck Dismount

## Floor:

Round Off Backhandspring    Switch Leap    Leg Up Turn  
 Front Handspring    One & a Half Turn

Something Great about Me:

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Something for me to work on:

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Coach's Name:

Ready to Move Up   or    Staying in Current Level

Evaluation Key:  =Completed    =Partially Completed

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# GIRLS LEVEL 7 EVALUATION SHEET

*Must Complete 100% of Skills to Move Up to the Next Level*

## Vault:

HS Flatback over Vault Mat (assisted)

## Bars:

Kip (spotted)    BHC (correct shape)    5 Pulls Ups  
 3 Tap Swings

## Beam:

Cartwheel (High Beam)    Leap  
 Bk Walkover (low beam)    Front Tuck Dismount

## Floor:

Round Off Backhandspring    Switch Leap    Leg Up Turn  
 Front Handspring    One & a Half Turn

Something Great about Me:

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Something for me to work on:

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Coach's Name:

Ready to Move Up   or    Staying in Current Level

Evaluation Key:  =Completed    =Partially Completed