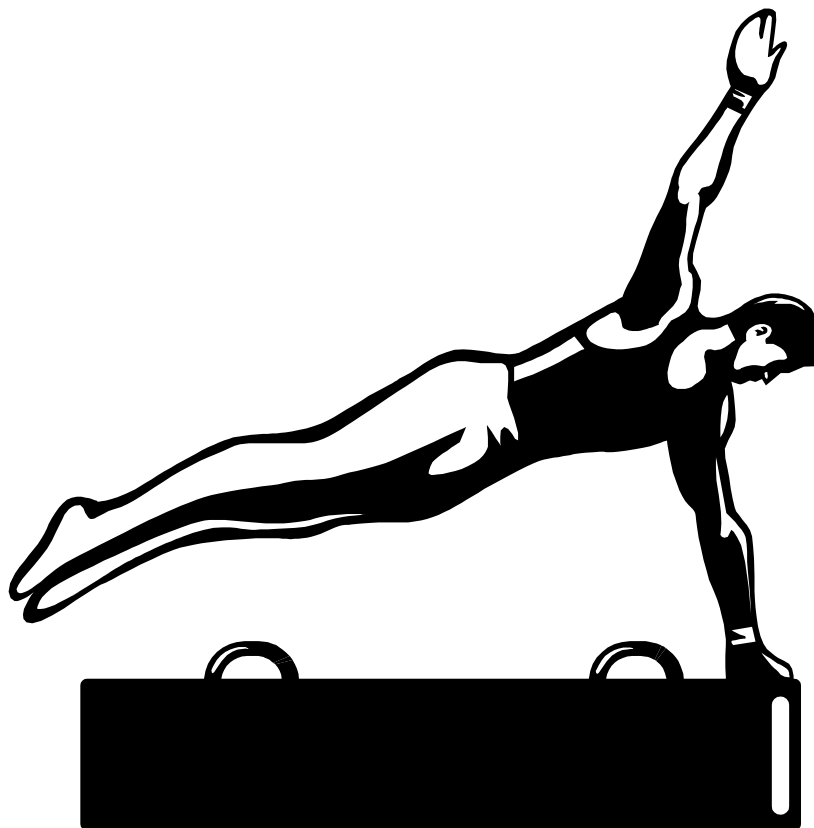




Beginner Boys

Evaluation Booklet



Gymnast Name: _____

How it works

- Each skill must be completed 3 times.
- Once completed your coach will initial by the skill along with the date.
- Once all skills in booklet are completed you advance to Intermediate Classes.
- In order to switch classes a parent must take the signed booklet to the office , select new class and complete class transfer form.

My personal goals

1. _____
2. _____
3. _____
4. _____
5. _____



Gymnast has been promoted to Intermediate Classes.

Coach Signature

Date

*take signed booklet to office to schedule your class transfer

Evaluation Skill Booklet

Beginner Boys

Rings

| Skill | Completed | Date |
|---|-----------|-------|
| • 1 pull up | _____ | _____ |
| • L- hold 2 seconds | _____ | _____ |
| • 3 swings | _____ | _____ |
| • Swing to inverted | _____ | _____ |
| • Lower from inverted to inverted pike | _____ | _____ |
| • Skin the cat stick | _____ | _____ |
| • Skin the cat skin the dog (with light spot) | _____ | _____ |
| • 3 swings to fast skin the cat (with spot) | _____ | _____ |



Evaluation Skill Booklet

Beginner Boys

Floor

Skill

Completed

Date

- Forward roll
- Backward roll
- Dive roll onto cheese mat
- Handstand against wall for 5 sec
- L handstand
- Handstand
- Handstand forward roll onto panel mat
- Cartwheel
- Cartwheel step in
- Round-off

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Mushroom & Bucket

Skill

- Walks around the mushroom
- Hops around the mushroom
- 1 bucket circle staying square
- 1/2 circle on the mushroom

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Evaluation Skill Booklet

Beginner Boys

Conditioning Skill

| | Completed | Date |
|--------------------------------------|-----------|-------|
| • Rope Climb to white tape | _____ | _____ |
| • 5 push ups on floor bar | _____ | _____ |
| • L hold on parrellets for 5 seconds | _____ | _____ |
| • 2 pull-ups | _____ | _____ |
| • 10 tuck leg lifts | _____ | _____ |
| • 5 Straight leg lifts (90 degrees) | _____ | _____ |

Flexibility Skill

| | Completed | Date |
|---|-----------|-------|
| • Good leg split 1/2 way to ground | _____ | _____ |
| • Straddle split 1/2 way to ground | _____ | _____ |
| • Pike stretch, touch toes with legs straight | _____ | _____ |
| • Pancake with elbows toughing the floor | _____ | _____ |
| • Bridge with flat feet, holding head off floor 5 sec | _____ | _____ |



Avalon Park Location:

14170 E. Colonial Drive, Orlando, FL 32826 (407)207-4110

Baldwin Park Location:

4915 New Broad Street, Orlando, FL 32814 (407)644-0847

Lake Mary Location:

1180 Emma Oaks Trail, Lake Mary, FL 32746 (407)333-0907

LB McLeod Location:

4658 LB McLeod Rd, Orlando FL 32811 (407)246-1200

www.orlandometrogyms.com

Thank you for choosing Orlando Metro Gymnastics!