

GYMNASTICS & TUMBLING

Level Bronze

- Log Roll
- Lunge
- Forward Roll
- Forward Straddle Roll
- Backward Roll
- Backward Straddle Roll
- Assisted Handstand
- Assisted Cartwheel
- Assisted Back bend
- Half front splits

Level Silver

- Dive Roll
- Front Splits
- Handstand
- Cartwheel
- Back band
- Swedish Falls (from knees)
- V-Sit
- Power Hurdle
- Round Off
- Round Off to forward roll

Level Gold

- Other Leg Splits
- Straddle Splits
- Swedish Falls
- Front Walkover
- Back Walkover
- Front Handspring
- Assisted Back Handspring
- Back Handspring
- Connecting skills
- Round off, back handspring

Comments _____

DANCING

Body Awareness

- Placement & Precision
- Foot work
- Mirroring instructor
- Timing & Rhythm
- Movement matches music
- Coordination of movement and patterns

Memory

- Ability to count music
- Remembers Patterns
- Understands Formations
- Understands Spacing
- Executes transitions
- Basic dance steps and movement

Presentation

- Confident
- Enthusiastic
- Fun to Watch
- Smiles / Shows expression
- Doesn't Cue off of others

Comments _____

TRAMPOLINE

Level Bronze

- Spotting
- Stopping
- Prep Bouncing – Staright
- Seat Drop – NOT to feet
- Doggy Drop
- Star Jump
- Tuck Jump
- Full (Tornado) Turn

Level Silver

- Seat drop to Stand
- Continuous Seat Drops
- Arms are timed with Jump
- Pike Jump
- Back drop – no bounce
- Doggy Drop to Front Drop
- Seat Drop, half turn
- 2-3 skills in a row

Level Gold

- Back Drop with bounce
- Front Drop
- Swivel Hips
- 4-6 skills in a row
- Cat Twist
- Corkscrew
- Pull Over

Comments _____

CHEER ELEMENTS

Cheers & Chants

- Knows various motions
- Placement of motions
- Voice & Projection
- Can time motions to words
- Rhythm of Cheer
- Knows 2-3 cheers/chants
- Coordination of elements

Stunting

- Understands Safety
- Thigh Stand
- L Stand
- Cradle Catch Position
- Double Base
- Double Base to Cradle

Jumps

- Preparation to Jumps
- Proper Landing Stance
- Pencil Jump
- Star Jump
- Tuck Jump
- Pike Jump
- Toe Touch
- Hurdler or Double Nine