



Level 1-3 Athlete Report Card



NAME:

VAULT		
LEVEL 1	LEVEL 2	LEVEL 3
Stretch jump (board to mat)	Jump to handstand (16" mat)	Jump to handstand on 32" mat
Handstand fall to straight lying		
SUPPLEMENTARY SKILLS	SUPPLEMENTARY SKILLS	SUPPLEMENTARY SKILLS
Running form/technique	Running form/technique	Handspring over stacked skill cushions turned sideward
Handstand hops on the floor	Handstand holds	Handspring from elevated surface
Squat onto stacked mats	Handstand hops onto a 4" mat	$\frac{3}{4}$ Front salto stretched on stacked skill cushions

BARS		
LEVEL 1	LEVEL 2	LEVEL 3
Mount: Back hip pullover	Mount: Back hip pullover Cast	Mount: Glide swing and return-back hip pullover
Cast	Back hip circle	Mount: Straddle / pike glide kip
Back hip circle	Single leg cut forward	Front hip circle
	Forward stride circle	Single leg squat through
Straddle on, sole circle dismount	Single leg basket swing	Forward stride circle
	Single leg swing backward	Single leg basket swing
	Squat on, pike sole circle dismount	Single leg cut backward
Underswing dismount	Underswing dismount	Cast
		Back hip circle
		Underswing dismount
SUPPLEMENTARY SKILLS	SUPPLEMENTARY SKILLS	SUPPLEMENTARY SKILLS
Floor bar leg cuts	Glide swings	Rock Kips
Single knee uprise	Floor bar single leg squat through	Hollow Rolls
Wrist shifts	Inverted hollow holds	Hanging arch to hollow drills
	Kip simulations	

BEAM		
LEVEL 1	LEVEL 2	LEVEL 3
Mount: Jump to front support	Mount: Jump to front support	Mount: Leg swing with ½ (180°) turn
Pike lying position	Whip swing to push up position, jump to tuck stand	
Relevé balance	Arabesque	Cross Handstand
Arabesque	Forward leg swing , backward leg swing	
Forward leg swings	Relevé	Arabesque
Lever	Lever to beam	Straight leg leap (90°)
Leg balance in forward passé	Leg balance in forward passé	Stretch jump, stretch jump
Stretch jump	½ (180°) pivot turn	Two (2) ½ (180°) pivot turns
Cartwheel to ¾ side handstand dismount	Stretch jump	½ (180°) turn in forward passé (heel snap turn)
	Cartwheel to side handstand dismount	Carwheel to side handstand, ¼ (90°) turn dismount
SUPPLEMENTARY SKILLS	SUPPLEMENTARY SKILLS	SUPPLEMENTARY SKILLS
Whip swings to tap	Sets of Passé, relevé holds with ½ heel-snap turn	Series of split jumps (spring surface)
Lever action		Handstand forward roll on low beam
Cross handstand on low beam	Cartwheel to handstand on low beam	Cartwheel ¼ turn inward on low beam
Side handstand on low beam		

FLOOR		
LEVEL 1	LEVEL 2	LEVEL 3
¾ handstand	Handstand	Split jump
Cartwheel, ¼ (90°) turn inward	Round-off	Stretch jump
Backward roll tucked	Backward roll to pike stand	Handstand to bridge, back kick-over
Candlestick	Candlestick	Handstand forward roll step-out with straight arms
Forward roll tucked	Bridge, back kick-over	Straight leg leap (90°)
Forward passé balance	Straight leg leap (60°)	Backward roll to push up position
Forward chassé	¼ (90°+90°) turns in forward passé (heel-snap)	Forward split
Split jump (30°)		Split jump (60°)
	Round-off	
		Flic-flac to two feet
SUPPLEMENTARY SKILLS	SUPPLEMENTARY SKILLS	SUPPLEMENTARY SKILLS
Straddle Presses	Flic-Flac down incline mat	Straight arm back roll to handstand down incline mat
Walking with feet turned out		
Tripod Balance	Handstand to bridge on elevated surface; back kick-over	Front limber
Straight arm backward roll in pike position down incline mat		
Bridge kick-over from an elevated surface	Hurdle, round-off over stacked mat, rebound onto elevated mat	Power hurdle front handspring
Hurdle Step Cartwheel		