



## BEGINNER I

Athletes Name \_\_\_\_\_ Age \_\_\_\_\_

SKILLS	WITH SPOT	ACHIEVED	MASTERED
FORWARD ROLL			
HANDSTAND			
BACKBEND			
CARTWHEEL			
BACKWARDS ROLL			
HURDLE			

Instructor Comments: \_\_\_\_\_  
\_\_\_\_\_

Instructor Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## BEGINNER II

Athletes Name \_\_\_\_\_ Age \_\_\_\_\_

SKILLS	WITH SPOT	ACHIEVED	MASTERED
ROUND OFF			
HANNDSTAND FORWARD ROLL			
BACK WALKOVER			
FRONT WALKOVER			
BACK WALKOVER SWITCH			
BACK EXTENSION ROLL			
HANDSTAND BLOCKS			
HAND STAND SNAPS			

Instructor Comments: \_\_\_\_\_

Instructor Signature: \_\_\_\_\_ Date: \_\_\_\_\_