



<b>Name</b>	
<b>Age</b>	
<b>Season</b>	

VAULT		BARS	
Fundamentals		Fundamentals	
1	Running position left foot	1	Even bars: hanging with feet up (hold for 10 seconds)
2	Running position right foot	2	Even bars: support on bars in L-position (hold for 10 seconds)
3	10-20 Rope skipping backwards	3	Straddle support on two parallel bars (hold for 10 seconds)
	Running (positions) bounding in hoops		Hanging in tucked position (hold for 10 seconds)
	Jumping on & off a high surface		Hanging in L-position (hold for 10 seconds)
	Jumping off a high surface and landing on one leg		Holding a pull-up position (hold for 10 seconds)
	Forward roll		Swinging in support
Vault skills		Bars skills	
4	Stretched jump Block - Trampoline - 2 mats	4	Pull over with feet taking off on a block
5	Jump ½ turn Block - Trampoline - 2 mats	5	3 Casts onto two blocks
6	Handstand to back Block - Trampoline - 2 mats	6	Hanging in a line (hold for 10 seconds)
	Straddle jump Block - Trampoline - 2 mats		Pull over
	Tucked jump to back Block - Trampoline - 2 mats		Cast
	Stretched jump to back Block - Trampoline - 2 mats		Back hip circle
	Front tuck to back Block - Trampoline - 2 mats		Station on a parallel

BEAM		FLOOR	
Fundamentals		Fundamentals	
1	Plank on beam (hold for 10 seconds)	1	Forward roll with straight arms
2	Standing on toes on beam (hold for 10 seconds)	2	Backward roll with straight arms
3	Jumping from one side to the other side on beam	3	Bridge with feet on a higher surface
	Chasse from one side to the other side on beam		Handstand in a square position with feet onto a block
	Standing on toes with eyes closed (hold for 10 seconds)		"Tie" with feet on higher surface
	A passé position (hold for 10 seconds)		Bridge (hold for 10 seconds)
	A passé position with eyes closed (hold for 10 seconds)		Handstand line while lying on back
Beam skills (low beam)		Floor skills	
4	Handstand to back (from the edge of the beam to a mat)	4	Handstand to back
5	Cartwheel to belly (from the edge of the beam to a mat)	5	Cartwheel on a line
6	Stretched jump	6	A split (hold for 10 seconds)
	Handstand in a square position with feet on a block		Round off to knees
	Handstand with heels against a wall/mat		Bridge with feet on higher surface and kicking over
	Jump and landing on one foot		Bridge and kicking over
	½ Turn in relevé		Handstand to bridge