

COACH CAROLINE'S GYMNASTICS

Basic Skills Evaluation

Child's Name: _____

FLOOR SKILLS	Completed
Tuck Forward Roll	
Straddle Forward Roll	
Lunge Roll Backward Roll	
Backward Roll	
Candlestick	
Cartwheel	
Backbend	
Bridge	
Log Roll	
Forward Kicks	
Coupe' Walks	
Stretch Jump	
Tuck Jump	
Straddle Jumps	
Split Jumps	
Tripod Balance	
Headstand	
3/4 Headstand	

AIR TRAK/MINI TRAMPOLINE	Completed
Stretch Jumps	
Tuck Jumps	
Straddle Jumps	
Split Jumps	
Jump 1/2 Turn - Stick It	
Jump Full Turn	

VAULT SKILLS	Completed
Using Springboard Correctly	
Stretch Jump - Stick It	
Tuck Jump - Stick It	
Straddle Jump - Stick It	
1/2 Turn - Stick It	
Squat On - Stretch Jump Off	
Straddle On - Stretch Jump Off	

BEAM SKILLS	Completed
Front Support Mount	
Tuck Sit	
Candlestick	
Arabesque	
Forward/Side/Backwards Walks	
Coupe' Walks	
Releve' Walks	
Straight Jump	
Straight/Tuck/Straddle Dismount	

BAR SKILLS	Completed
Tuck Hold (5 seconds)	
Pike Hold (2 seconds)	
Chin-up Hold (5 seconds)	
Pull-up Hold (5 seconds)	
Pull-over Walking up Wall	
True Front Support (3 seconds)	
Cast Straight Legs/Pointed Toes	
Forward Roll Dismount	