

Registration Form

Participants Name _____

Age _____

Level _____

Please Check Competitions

November 4th - \$25.00

December 8th - \$25.00

January 19th - \$25.00

February 23rd - \$25.00

April 12th - \$30.00

**You may sign up for one or all as the year progresses

Girls Recreational				Kindergym
<p style="text-align: center;"><u>BRONZE GIRLS</u></p> <p style="text-align: center;"><u>VAULT</u></p> <ul style="list-style-type: none"> • Straight Jump • Tuck Jump • Straddle Jump (stick all landings) <p style="text-align: center;"><u>UNEVEN BARS</u></p> <ul style="list-style-type: none"> • Jump Front Support • Flank Cut • Forward roll Dismount <p style="text-align: center;"><u>BALANCE BEAM</u></p> <ul style="list-style-type: none"> • Front support mount tuck sit • Arabesque • Tuck jump dismount <p style="text-align: center;"><u>FLOOR EXERCISE</u></p> <ul style="list-style-type: none"> • Handstand, Cartwheel • Forward roll to stand • Backward roll to stand 	<p style="text-align: center;"><u>GOLD GIRLS</u></p> <p style="text-align: center;"><u>VAULT</u></p> <ul style="list-style-type: none"> • Handstand block from board (2x hands on board) <p style="text-align: center;"><u>UNEVEN BARS</u></p> <ul style="list-style-type: none"> • Pullover • Cast to horizontal • Underswing dismount <p style="text-align: center;"><u>BALANCE BEAM</u></p> <ul style="list-style-type: none"> • Front support mount swing to push-up • Coupe 1/2 turn • Side cartwheel dismount <p style="text-align: center;"><u>FLOOR EXERCISE</u></p> <ul style="list-style-type: none"> • Front limber • 2 steps to leap • Standing back handspring (down cheese mat) 	<p style="text-align: center;"><u>SILVER GIRLS</u></p> <p style="text-align: center;"><u>VAULT</u></p> <ul style="list-style-type: none"> • Straddle on • Kick to handstand • fall to flat back <p style="text-align: center;"><u>UNEVEN BARS</u></p> <ul style="list-style-type: none"> • Pullover • 1-3 cast to back hip circle • Cast push dismount <p style="text-align: center;"><u>BALANCE BEAM</u></p> <ul style="list-style-type: none"> • Front support mount to v-sit • Straight jump • straddle jump dismount <p style="text-align: center;"><u>FLOOR EXERCISE</u></p> <ul style="list-style-type: none"> • Handstand forward roll • Running round off • Bridge kick over down cheese mat 	<p style="text-align: center;"><u>PLATNUM GIRLS</u></p> <p style="text-align: center;"><u>VAULT</u></p> <ul style="list-style-type: none"> • USAG L4 vault 2x • Handspring flatback <p style="text-align: center;"><u>UNEVEN BARS</u></p> <ul style="list-style-type: none"> • Pike glide swing • Cast shoot through • Front mill circle <p style="text-align: center;"><u>BALANCE BEAM</u></p> <ul style="list-style-type: none"> • 3/4 Handstand • Tuck Jump • Side handstand 1/4 turn dismount <p style="text-align: center;"><u>FLOOR EXERCISE</u></p> <ul style="list-style-type: none"> • Straight arm back roll to push up • split jump • running round off back handspring or standing back handspring 	<p style="text-align: center;"><u>GYM GEMS</u></p> <p style="text-align: center;"><u>VAULT</u></p> <ul style="list-style-type: none"> • Run 50' down the runway • Stand 3 bounce and jump to floor • Run and 1-3 bounces up to trapezoid <p style="text-align: center;"><u>UNEVEN BARS</u></p> <ul style="list-style-type: none"> • Hang and touch toes to bar • Pull over with spot • Jump to front support <p style="text-align: center;"><u>BALANCE BEAM</u></p> <ul style="list-style-type: none"> • Forward Walks • Sideways walks • Step kick <p style="text-align: center;"><u>FLOOR</u></p> <ul style="list-style-type: none"> • Pike forward roll • Tripod hold (hands, head, feet) • Table hold or bridge
Boys Recreational				New Level Designations
<p style="text-align: center;"><u>BRONZE BOYS</u></p> <p style="text-align: center;"><u>FLOOR</u></p> <ul style="list-style-type: none"> • 1 sec. Handstand Hold • Back roll to straddle stand • Front Roll to Straight Jump <p style="text-align: center;"><u>STILL RINGS</u></p> <ul style="list-style-type: none"> • Pull to Inverted Pike • 3 Tap Swings • 1 sec. Chin up Hold <p style="text-align: center;"><u>HIGH BAR</u></p> <ul style="list-style-type: none"> • Still 1/2 Turn • 3 Tap Swings with good form • Pullover to front support <p style="text-align: center;"><u>STRENGTH</u></p> <ul style="list-style-type: none"> • 5 foot rope climb 	<p style="text-align: center;"><u>GOLD BOYS</u></p> <p style="text-align: center;"><u>FLOOR</u></p> <ul style="list-style-type: none"> • Side Cartwheel • Front Roll to Straddle Stand • Handstand Front Roll <p style="text-align: center;"><u>STILL RINGS</u></p> <ul style="list-style-type: none"> • Pull to Inverted Hang, 1 sec. • Straight body to 3 swings • 5 sec. Chin up Hold <p style="text-align: center;"><u>HIGH BAR</u></p> <ul style="list-style-type: none"> • Inverted Straddle • Still 1/2 turn 2 x's • 3 Swings to Back Dismount <p style="text-align: center;"><u>STRENGTH</u></p> <ul style="list-style-type: none"> • 10 foot Rope Climb 	<p style="text-align: center;"><u>SILVER BOYS</u></p> <p style="text-align: center;"><u>FLOOR</u></p> <ul style="list-style-type: none"> • Cartwheel to Side Stand • Back roll to Pike Stand • 3 sec. Handstand Hold <p style="text-align: center;"><u>STILL RINGS</u></p> <ul style="list-style-type: none"> • "L" Hang • 3 Swings to Straddle "Skin the Cat" • Drop Dismount, Stick Land-ing <p style="text-align: center;"><u>HIGH BAR</u></p> <ul style="list-style-type: none"> • 3 Casts to 45° • Underswing to 3 Tap swings to 1/2 Turn Dismount (all connected) <p style="text-align: center;"><u>STRENGTH</u></p> <ul style="list-style-type: none"> • 15 foot Rope Climb 	<p style="text-align: center;"><u>PLATNUM BOYS</u></p> <p style="text-align: center;"><u>FLOOR</u></p> <ul style="list-style-type: none"> • Running Round off Rebound • Straddle stand, Jump to 3 sec. Handstand • Side Scale <p style="text-align: center;"><u>PARALLEL BARS</u></p> <ul style="list-style-type: none"> • 3 sec. "L" Support • 4 Straight arm Swings • Front or Rear Dismount <p style="text-align: center;"><u>HIGH BAR</u></p> <ul style="list-style-type: none"> • Pullover, cast 45°, back hip circle, underswing to 3 tap swings, 1/2 dismount (connected) <p style="text-align: center;"><u>STRENGTH</u></p> <ul style="list-style-type: none"> • 20 foot Rope Climb 	<p style="text-align: center;"><u>PLATNUM</u> Formerly level 4</p> <p style="text-align: center;"><u>GOLD</u> Formerly level 3</p> <p style="text-align: center;"><u>SILVER</u> Formerly level 2</p> <p style="text-align: center;"><u>BRONZE</u> Formerly level 1</p> <p style="text-align: center;"><u>GYM GEMS</u> Per-School level 3-5 year</p>