

Gymnast's Name:

Date:

## Beginner Girls Progress Report



### Vault

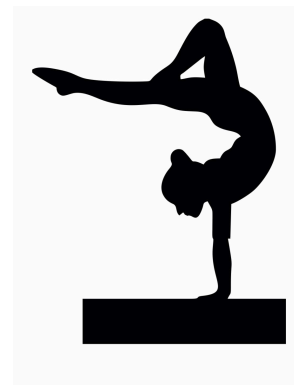
	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Arm Circle Long Jump				
Straight Jumps w/ arm circles on a board				
Running w/ Arms Swinging				
Donkey Kicks to Horizontal				

### Bars

	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Chin Hold x3 Sec				
Casts x3				
Forward Roll Dismount				
Tuck Hold x3 Sec				

### **Social Skills** (5 being the highest, 1 the lowest)

	Works well with others	5 4 3 2 1
	Works to the best of her ability	5 4 3 2 1
	Follows gym rules	5 4 3 2 1
	Follows directions	5 4 3 2 1
	Stays on task	5 4 3 2 1
	Executes new skills with little hesitation	5 4 3 2 1



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### **Beam**

	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Forward Releve Walks				
Straight Jump Dismount				
Jump Prep to Releve				
Pivot Turn				
Arabesque Hold x3 Sec				

### **Floor**

	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Forward Roll				
Cartwheel				
Handstand Against Wall				
Bridge w/ Straight Arms				
Lunge				

**Coach Notes:**



**Recommended Class Level:**

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## Adv. Beginner Girls Progress Report



### Vault

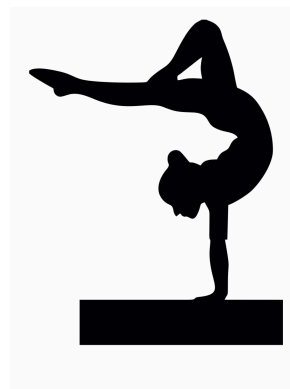
	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Running with High Heels				
Running w/ High Knees				
Donkey Kick to Roll				
Arm Circle Straight Jump Off Board				

### Bars

	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Kickover w/ Incline				
Cast w/ Straight Arms				
Forward Roll Dismount to Chin Hold x3 Sec				
Tucked Swings w/ Regrasp				

### **Social Skills** (5 being the highest, 1 the lowest)

	Works well with others	5 4 3 2 1
	Works to the best of her ability	5 4 3 2 1
	Follows gym rules	5 4 3 2 1
	Follows directions	5 4 3 2 1
	Stays on task	5 4 3 2 1
	Executes new skills with little hesitation	5 4 3 2 1



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### **Beam**

	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Backward Releve Walks				
Squat Turn				
Straight Jump On Beam				
Tuck Jump Dismount				
Lunge to Lever On Beam				

### **Floor**

	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Handstand (3/4)				
Backward Roll				
Cartwheel Step Together				
Elevated Straight Arm Bridge				
Lever				

**Coach Notes:**



**Recommended Class Level:**

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## Intermediate Girls Progress Report



### Vault

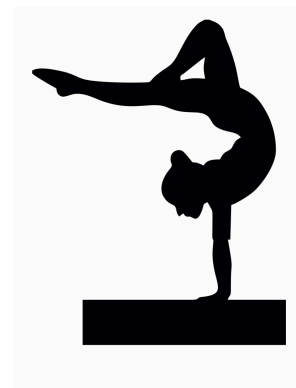
	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Donkey Kicks to Handstand Flat Back				
Arm Circle Jump On				
Correct Running Form				
Run, Arm Circle Straight Jump Off Tumbl Trak				

### Bars

	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Kickover				
Back Hip Circle				
Glide Swing				
Stem Rise Off Block				
Leg Cut Forward				

### **Social Skills** (5 being the highest, 1 the lowest)

	Works well with others	5	4	3	2	1
	Works to the best of her ability	5	4	3	2	1
	Follows gym rules	5	4	3	2	1
	Follows directions	5	4	3	2	1
	Stays on task	5	4	3	2	1
	Executes new skills with little hesitation	5	4	3	2	1



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## Beam

	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Cartwheel On A Line				
Passe Releve Hold				
Leap (<90 degrees)				
Tuck Jump				
1/2 Handstand (split)				

## Floor

	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Handstand				
Back Roll w/ Straight Arms				
Back Bend Up Wedge				
Kickover Off 2 Panel Mats				
Handstand Fall to Bridge				
Double 1/4 Passe Turn				

## Flexibility

R Split	5 4 3 2 1
L Split	5 4 3 2 1
Pike	5 4 3 2 1
Bridge	5 4 3 2 1

Coach Notes:



Recommended Class Level:

Gymnast's Name:

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## Intermediate Adv. Girls Progress Report



### Vault

	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Run, Handstand Flat Back				
Arm Circle, Jump On Table				
Handstand Block				
Deer Runs				

### Bars

	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Back Hip Circle, Underswing				
Cast to Horizontal				
Pullover				
Basket Swing				
Squat on - floor bar				

### **Social Skills** (5 being the highest, 1 the lowest)

	Works well with others	5	4	3	2	1
	Works to the best of her ability	5	4	3	2	1
	Follows gym rules	5	4	3	2	1
	Follows directions	5	4	3	2	1
	Stays on task	5	4	3	2	1
	Executes new skills with little hesitation	5	4	3	2	1



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### **Beam**

	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Handstand				
1/2 Passe Turn				
Leap (>90 degrees)				
Cartwheel				
Cartwheel to Handstand on Line				
Split Jump (<90 degrees)				

### **Floor**

	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Handstand Forward Roll				
Round Off				
Backbend Kickover				
Straddle Jump (90 degrees)				
Front Limber				
1/2 Passe Turn				

### **Flexibility**

R Split	5	4	3	2	1
L Split	5	4	3	2	1
Pike	5	4	3	2	1
Bridge	5	4	3	2	1

**Coach Notes:**



**Recommended Class Level:**

Gymnast's Name:

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## Advanced Girls Progress Report



### Vault

	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Handstand Flat Back on Resi w/ Board				
Handspring Over Resi/Table w/ Tramp Board				
Handstand Double Hop on Tumbl Trak				
Arm Circle Front Tuck				

### Bars

	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Tap Swings				
Drop Kip (assisted)				
Squat On				
Jump to Pit Bar				
Double Back Hip Circle				

### **Social Skills** (5 being the highest, 1 the lowest)

	Works well with others	5 4 3 2 1
	Works to the best of their ability	5 4 3 2 1
	Follows gym rules	5 4 3 2 1
	Follows directions	5 4 3 2 1
	Stays on task	5 4 3 2 1
	Executes new skills with little hesitation	5 4 3 2 1



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### **Beam**

	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Side Handstand to Turn Dismount				
Split Jump (>90 degrees)				
Handstand (HB)				
Round Off Dismount (HB)				
Cartwheel on Low Beam				
½ Passe Turn (HB)				

### **Floor**

	Not Learned	Performs Assisted	Performs Alone	Meets Expectations
Back Handspring on Tramp				
Front Handspring Step Out				
Full Passe Turn				
Leap (>90 degrees)				
Front Walkover				
Back Walkover				

**Coach Notes:**



**Recommended Class Level:**