



EXCITEMENT. ENRICHMENT. EXCELLENCE.

# GYMNASTICS



## ABOUT THE PROGRAM

Our Recreational Gymnastics program is for boys and girls, ages 5 and up, who want learn the disciplines and event skills of Gymnastics. Our female athletes will learn skills on the bars, vault, beam and floor. Additional program benefits include several learned dance positions and increased strength and conditioning. Our male athletes will learn skills on the bars, floor, vault, rings, mushroom, and pommel horse. Additional benefits include increased flexibility, strength and conditioning. Each of our classes will consist of a warm-up, rotations on at least 2 skill events and strength and conditioning work. Athlete physical testing and multiple evaluations will be done throughout the year.

## PROGRAM CONSTRUCTION

Our Gymnastics program consist of blue, white, teal, and black skill levels. Assessments will be conducted to mark off skills that the athlete has mastered within their respective class. Each event (i.e. bars) has 8-12 skills per level. These skills are color coded according to their corresponding class levels. When an athlete has mastered all the skills within a specific event they will receive an Event Certificate for their accomplishment. Once all events are mastered, the athlete will then receive a class certificate that reflects his/her accomplished class level (i.e. Blue, White, Teal or Black). Our skill charts help the children see exactly how many different gymnastic skills they are working on and how much they have personally accomplished.

A Fitness Challenge Test will be conducted biannually to assess athletes on their run time, splits, bent arm hang, leg lifts, broad jump, sit and reach, and rope climb. Each athlete will receive a certificate indicating their first and second testing results to track his/her improvement in overall fitness!

We also offer an additional and fun incentive for our athletes by selecting a Star Gymnast each month. A star gymnast is selected based on positive attitude and great work ethic. Our coaches take a picture of their selected athlete so that he or she can be recognized on our Star Gymnasts board.

## HOW TO PREPARE FOR CLASS

Athletes should wear shorts and a t-shirt that is tucked in or tight fitting and no shoes. A gymnastics leotard is also appropriate for class. Hair should be pulled back and out of the face. We also ask that all athletes refrain from wearing jewelry and excessive body lotions or hair products.

## SPRING EXIBITION

We invite all of our recreation athletes to participate in our annual Spring Exhibition Event. The training and skill work that is done throughout the year all culminates into a display of fun and enjoyable routines and event work. After the performance is complete, each athlete receives their very own medal of achievement.

WE ARE PROUD MEMBERS OF:



## ▲ BLUE LEVEL

An introductory level that will teach the athlete the basic technique of gymnastics and safety in all events. This is a foundation-building class that ensures a solid start on which to build skill progressions. Skills taught at this level include Vault, Bar, Beam technique, Floor technique, vault board drills, approaches and landings, bar positions, bar grips, bar lifts, bar landings and holds, beam mount, beam walks, beam dismounts, beam dance steps and turns, floor positions, floor lunge, floor dance elements, forward rolls, jumps, backward rolls, bridges, and drills for cartwheels and handstands.

## ▲ WHITE LEVEL

A beginner level that will increase the Blue skill base with a wider range of skills and drills. Skills taught at this level include vault board drills on 8 inch and 16 inch mats, handstand flat backs, springboard drills, the squat on, the straddle on and landings, beam mounts, beam walks in relevé, arabesque, stretch jumps, on the beam work, beam dismounts, bar holds, forward hip dismount to floor, modified pull ups, straddle fall drill, front support, single leg cut drill, and shoot through drill, floor rolls to stand in straddle and tuck, backward roll, cartwheel, round-off, bridge, bridge kick over drill, candlestick, dance elements and jumps

## ▲ TEAL LEVEL

An intermediate level that continues to expand the White skill-set while adding more combinations and increasing the skill level at which they perform. Skills taught at this level include vault drills on a 32 inch mat, jump back drills, squat on to vault table, pike on, handstand flat back to 16 inch mat, bar drills, pullover, consecutive cast, glide swing, straddle on sole circle dismount, front hip circle, shoot through drill 2, cast squat on, combinations, beam leg swing mount, heel snap turn, turn, lunge T and lunge needle, round off dismount, handstand, stretch, split and tuck jump, beam combinations, free roll, dive roll, back bend, hand-stand front limber, front handspring to pit, straddle press hold, bridge kick over, back walkover, beam hurdle, beam cartwheel, beam round off, and back handspring drills on tumble track.

## ▲ BLACK LEVEL

Our most advanced rec level class that focuses on advance skills, drills and combinations. Black level skills include front handspring vault drills, front handspring vault over table, kip, 45 degree cast, cast squat on jump to high bar, tap swings to long hang pullover, high bar work, fly away drills, back handspring, round off back handspring combo, front handspring combinations, standing tuck, round off tuck, punch front, front handspring front drills, front and side aerials, beam cartwheels, beam handstands, beam leaps, beam back walkovers, advanced beam mounts and dismounts, and beam combinations.