

NAME

GOALS

NOTES

**SKILLS
ACHIEVEMENT**



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LEAPS
School of Gymnastics

LEVEL 1

VAULT

VAULT SCORE OF **20**

SCORE 0-4

- Arm Circle on Dots
- Tuck Jump on Vault Table
- Straight Jump Stick on 8in

SCORE 0-4

- Handstand Flatback on 8in
- Presentation Series

BEAM

BEAM SCORE OF **20**

SCORE 0-4

- Level 1 Mount
- Crown, Side Middle Arm Hold
- Releve, Coupe, Passé

SCORE 0-4

- Lunge, Lever
- Straight Jump off High Beam

BARS

BARS SCORE OF **20**

SCORE 0-4

- Pullover
- Cast (3 in row)
- Pike Hold (5 Sec)

SCORE 0-4

- Chin Hold (5 Sec)
- Tuck Hold (5 Sec)

FLOOR

FLOOR SCORE OF **20**

SCORE 0-4

- Forward Roll
- Backward Roll
- Cartwheel w/ Hand mat

SCORE 0-4

- Lunge-Lever-3/4 Handstand
- Bridge Hold (5 Sec)

SPORTSMANSHIP

SCORE OF **24**

SCORE 0-4

- Attitude
- Respect
- Listening

SCORE 0-4

- Effort
- Flexibility
- Strength

TOTAL SCORE

OF **104**

PROFICIENCY

Must obtain 85% or higher to advance to next level.

LEVEL 2

VAULT

VAULT SCORE OF **24**

SCORE 0-4

- Straight Jump on Table
- Arm Circle x2 on Springboard
- Handstand Flatback on Resi

SCORE 0-4

- Heel Drive w/ Norbert (5 Lifts)
- Handstand Block on Hand Mat
- Seal Drop Handstand Flatback over boulder

BEAM

BEAM SCORE OF **24**

SCORE 0-4

- Level 2 Mount
- Pivot Turn/Half Turn
- Lunge Lever Tic Toc

SCORE 0-4

- Side Handstand Dismount
- Split Jump, Straight Jump
- Arabesque, Bunny Hop, Long Jump

BARS

BARS SCORE OF **24**

SCORE 0-4

- Glide Swing
- Cast (5 in Row)
- Back-hip-circle

SCORE 0-4

- Pullup (5 Chin Above Bar)
- Leg Lifts (5 Belly Button Level)
- Sole-Circle Dismount

FLOOR

FLOOR SCORE OF **24**

SCORE 0-4

- Handstand
- Round-off-Rebound
- Straight Arm Backward Roll

SCORE 0-4

- Bridge Kick-over
- Chasse step leap, Split Jump (60-90 Degrees)
- ½ Turn

SPORTSMANSHIP

SCORE OF **24**

SCORE 0-4

- Attitude
- Respect
- Listening

SCORE 0-4

- Effort
- Flexibility
- Strength

TOTAL SCORE

OF **120**

PROFICIENCY

Must obtain 85% or higher to advance to next level.

LEVEL 3

VAULT

VAULT SCORE OF **28**

SCORE 0-4

- Handstand Flatback over Table
- Arm Circle Straight Jump onto Resi
- Heel Drive w/ Norbert (10 Lifts)
- Arm Circle Stretch Jump Stick w/ Bosu Ball

SCORE 0-4

- Handstand Block Up to Panel Mat
- Seal Drop Handstand Flatback over Boulder
- Run Series (Deer, High Skip, Quick Skips, High Knees, Booty Kickers, Sprint)

BEAM

BEAM SCORE OF **28**

SCORE 0-4

- Level 3 Mount
- Lunge Lever Handstand
- ½ Turn on 1 foot
- Side Handstand ¼ turn dismount

SCORE 0-4

- Split Jump, Tuck jump, Straight Jump
- Cartwheel on Low Beam
- Checklist Series

BARS

BARS SCORE OF **28**

SCORE 0-4

- Kip
- Cast Horizontal
- Squat On Low Bar
- Tap Swing

SCORE 0-4

- Under-swing Dismount
- Leg Lifts (8 Belly Button Level)
- Pullup (8 Chin Above Bar)

FLOOR

FLOOR SCORE OF **28**

SCORE 0-4

- Back-walkover
- Handstand Straight Arm Forward Roll
- Roundoff-Backhandspring
- Front Handspring w/ boulder

SCORE 0-4

- 1/1 Turn
- Chasse Step leap w/ Jump
- Split Jump (90-120 degrees)

SPORTSMANSHIP

SCORE OF **24**

SCORE 0-4

- Attitude
- Respect
- Listening

SCORE 0-4

- Effort
- Flexibility
- Strength

TOTAL SCORE

OF **136**

PROFICIENCY

Must obtain 85% or higher to advance to next level.