

Congratulations on all of the improvements you have accomplished in this last session of recreational gymnastics at Premier!

Keep up all the hard work! We hope to see you next session so you can continue to improve in gymnastics!

---

Director of Recreational Gymnastics, Premier Gymnastics

**Premier Gymnastics, (402) 571-6630**  
**www.Premier-Gymnastics.com**



**Premier Gymnastics, (402) 571-6630**  
**www.Premier-Gymnastics.com**

# Gymnastics Progress Report: Level 1

Gymnast's Name \_\_\_\_\_ Date \_\_\_\_\_ Coach's Name \_\_\_\_\_

## Vault Well Done! Almost There! Keep Trying!

Proper running technique	2	1	1
Proper arm technique	3	2	1
Hurdle with 2 feet, on and off of board	3	2	1
Off mat to board, strait jump onto block	3	2	1
Straight jump onto 8" mat, stick, finish	3	2	1
Tuck jump onto 8" mat, stick, finish	2	1	1
Jump ½ turn onto 8" mat	2	1	1
Squat onto block, jump off	2	1	1

©all skills require stick landing

Vault total: \_\_\_\_\_

## Bars Well Done! Almost There! Keep Trying!

Glide swing	3	2	1
Jump to front support	2	1	1
3 casts	2	1	1
Cast away dismount	2	1	1
Pullover (off of one or two feet)	2	1	1
Forward roll dismount	2	1	1
Sole circle swing	2	1	1
Pike hang (5 sec.)	2	1	1
Pull-up hold (5 sec.)	3	2	1

Bars total: \_\_\_\_\_

\*Gymnast must have skill without assistance of additional mat or coach

## Beam Well Done! Almost There! Keep Trying!

Walk forward in relevé (high)	2	1	1
Walk backwards in relevé (high)	2	1	1
*Walk with 'beam feet' (high)	2	1	1
Pivot turn both legs (low)	4	3	2
Lever to 'T', lunge out (low)	4	3	2
Forward roll (low)	2	1	1
Tuck jump off high beam	2	1	1
Stretch jumps across low beam with 'beam feet'	2	1	1

Beam total: \_\_\_\_\_

## Floor Well Done! Almost There! Keep Trying!

Candlestick (no hands standing)	4	3	2
*Backward roll (tuck)	2	1	1
Forward roll to straddle stand	2	1	1
Handstand	2	1	1
Cartwheel (one side)	2	1	1
Forward Chassé	2	1	1
Split jump (one side)	2	1	1
Bridge (head off of floor)	2	1	1
Tripod	2	1	1

Floor total: \_\_\_\_\_

**GRAND TOTAL:** \_\_\_\_\_

A score of 65 or above must be earned to advance to the next level.

Comments from your coach:

Please register your child for Level \_\_\_\_\_ next session.