

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

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Gymnastics Progress Report: Level 2

 Gymnast's Name Date Coach's Name

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

Handstand, fall flat to 8" mat off board	4	2	1
Straight jump to feet on portapit/block	4	2	1
3 Donkey kicks off spring board onto block/stacked mats	4	2	1
Handstand against block, 20 seconds	4	2	1
Dive roll onto 8" mat	4	2	1

©all skills require stick landing

Vault total: _____

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

3 glides swings in a row	3	1	1
*Pull-up, pullover (off two feet)	4	3	2
3 casts, back hip circle	3	1	1
Single leg cut forward	2	1	1
Single leg knee uprise	2	1	1
Spider up, jump forward	2	1	1
1 pull-up, hold 5 seconds	2	1	1
Jump straddle sole circle swing dismount (from block)	2	1	1

Bars total: _____

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

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

Kicks, forward in relevé (high)	2	1	1
Kicks, backwards (high)	2	1	1
Kicks, sideways (high)	2	1	1
Pivot turn both legs (high)	2	1	1
Lever to 'T' (high)	2	1	1
*Forward roll (high)	2	1	1
Split jump, 60 degrees (low)	2	1	1
½ Turn, coupé (low)	2	1	1
Tuck jump (low)	2	1	1
Lever to needle, back to lunge (low)	2	1	1

Beam total: _____

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

Handstand forward roll to stand	2	1	1
Backward roll to pushup or pike	4	3	2
Bridge kick over (elevated)	4	3	2
Leap, 90 degrees	2	1	1
Straight Jump/Split Jump Series	2	1	1
Cartwheel (both sides)	2	1	1
Run, hurdle, cartwheel	2	1	1
Proper hollow hold, 20 sec.	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.