

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!

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Director of Recreational Gymnastics, Premier Gymnastics

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



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# Gymnastics Progress Report: Level 3

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

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

Dive roll onto portapit	4	2	1
Jump to handstand onto portapit, fall flat back	4	2	1
¾ Handstand hops on floor	4	2	1
Round off over trapezoid, no board	4	2	1
Feet to feet on vault	4	2	1

☺all skills require stick landing

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

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

Pull up, pullover on high bar	3	2	1
3 Casts to horizontal	3	2	1
Single leg shoot through	2	1	1
Front mill circle	3	2	1
Single leg cut backward	3	2	1
Underswing dismount	2	1	1
Spider up, jump to high bar	2	1	1
5 tap swings	2	1	1

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

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

V sit to push up position	3	2	1
Leap, 60 degrees (high)	3	2	1
½ Turn (high)	3	2	1
Cross handstand, ¾ straight (low)	2	1	1
Cartwheel (low)	3	2	1
Cartwheel to handstand, fall flat (low)	2	1	1
Stretch-tuck jump series (high)	2	1	1
Lever to needle, back to lunge (high)	2	1	1

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

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

Handstand to front limber	2	1	1
Standing backbend kick over or back walkover	2	1	1
3 steps round off rebound	2	1	1
Backward roll to pushup with straight arms	2	1	1
Splits (one leg)	2	1	1
Full tum	2	1	1
Heel snap	2	1	1
Leap, 120 degrees	2	1	1
Back handspring (soft spot)	2	1	1
Front handspring (soft spot)	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.