

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  
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# Gymnastics Progress Report: Level 4

\_\_\_\_\_

Gymnast's Name

\_\_\_\_\_

Date

\_\_\_\_\_

Coach's Name

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

Handspring off mini	4	2	1
Handspring offboard	4	2	1
RO overtable trainer	4	2	1
RO overtable onto resi	4	2	1
Dive roll on floor	4	2	1

©all skills require stick landing

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

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

Kip (with soft spot)	4	3	2
Front hip circle	3	2	1
Cast, sole-circle dismount	3	2	1
Squat on, jump to high bar	3	2	1
Long hang pull-over	4	3	2
3 tap swings, ½ turn dismount	3	2	1

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

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

V sit to stand	3	2	1
Leap, 90 degrees	3	2	1
Heel snap	2	1	1
Cross handstand, ¾ straight	3	2	1
Cartwheel	3	2	1
Cartwheel to handstand, ½ tum dismount	2	1	1
Jump ¼ turn	2	1	1
Split jump, 90 degrees	2	1	1

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

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

Front walkover	2	1	1
Back walkover	2	1	1
3 steps round off, back handspring	3	2	1
Backward roll to handstand	3	2	1
Press handstand	2	1	1
1-1/2 turn	2	1	1
Jump full turn	2	1	1
Leap, 120 degrees	2	1	1
Front flip onto 8"	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.