

Girl's Beginner

Months 9-10 Evaluations

Name: _____
 Coach: _____

Age: _____

Class Day: _____

Class Time: _____

Date: _____

Flexibility:

	1	2	3	4
1. Skin the cat	☐	☐	☐	☐
2. toe point	☐	☐	☐	☐
3. pike	☐	☐	☐	☐
4. Right split	☐	☐	☐	☐
5. Left split	☐	☐	☐	☐
6. Middle split	☐	☐	☐	☐
7. Bridge	☐	☐	☐	☐

Vault

	1	2	3	4
1. arm circls	☐	☐	☐	☐
2. handstand flatback	☐	☐	☐	☐
3. jump hurdles	☐	☐	☐	☐
4. straight jump to stick	☐	☐	☐	☐
5. box jumps up and down	☐	☐	☐	☐
6. long jumps	☐	☐	☐	☐

Floor

	1	2	3	4
1. log rolls	☐	☐	☐	☐
2. candlestick	☐	☐	☐	☐
3. dive rolls	☐	☐	☐	☐
4. chasse'	☐	☐	☐	☐
5. Cartwheel - lunge	☐	☐	☐	☐
6. Round off - panel	☐	☐	☐	☐
7. bwd roll	☐	☐	☐	☐
8. handstand	☐	☐	☐	☐

Trampoline

	1	2	3	4
1. Straight jump	☐	☐	☐	☐
2. Tuck jump	☐	☐	☐	☐
3. Straddle jump	☐	☐	☐	☐
4. Seat drop	☐	☐	☐	☐
5. Doggy drop	☐	☐	☐	☐
6. 1/2 twist	☐	☐	☐	☐
7.	☐	☐	☐	☐
8.	☐	☐	☐	☐

Bars

	1	2	3	4
1. sole hang	☐	☐	☐	☐
2. cast	☐	☐	☐	☐
3. cast away	☐	☐	☐	☐
4. glide swing	☐	☐	☐	☐
5. candlestick	☐	☐	☐	☐
6. chin holds	☐	☐	☐	☐

Strength

	1	2	3	4
1. push ups 10x	☐	☐	☐	☐
2. sit ups 25x	☐	☐	☐	☐
3. arch ups 25x	☐	☐	☐	☐
4. wall sit- 30 sec	☐	☐	☐	☐
5. donkey kicks 10x- against wall	☐	☐	☐	☐
6. rope	☐	☐	☐	☐

Beam

	1	2	3	4
1. staight jump to stick	☐	☐	☐	☐
2. fwd roll- lazer beam	☐	☐	☐	☐
3. skipping- low beam	☐	☐	☐	☐
4. bunny hops	☐	☐	☐	☐
5. tuck jump	☐	☐	☐	☐
6 bear walks	☐	☐	☐	☐

Notes:

GRADING KEY

Doesn't have the skill	☒	☐	☐	☐
Skills with errors	☒	☒	☐	☐
Completed skill	☒	☒	☒	☐
Mastered skill	☒	☒	☒	☒

EVENT AVERAGE SCORES

Flexibility:	1	2	3	4
Strength:	1	2	3	4
Trampoline:	1	2	3	4
Vault:	1	2	3	4
Beam:	1	2	3	4
Floor:	1	2	3	4

Ready to move up?

YES ☐
 NO ☐