

# Session 12

Girls Advance- ALL

Boys Advance- ALL

Boys Intermediate- ALL

# Session 12

## Boys Advanced and Boys Intermediate

### Group #1- Colten

#### **Advanced**

1. Ethan Kunkel
2. Evan Landis
3. Gage Jones
4. Joseph Kerschner
5. Leo Nesterenko
6. Mason Moreno
7. Owen Chesser
8. Phillip Villanueva
9. Sebastian Stoops
10. Xander Saghi

### Group # 2- Austin

#### **Intermediate**

1. Benjamin O'Meara
2. Ethan Ariana
3. Ivan Maestre
4. Matthew O'Meara

### Group # 2- Lawson

#### **Intermediate**

1. Aaron Sweeney
2. Jeremiah Green
3. Palmer Whitham
4. Ryder McLean
5. Weston Stoops

# Session # 12 Girls Advance ALL Names

## Group #1- Jack

1. Naomi Baugess
2. Ashley Valentz
3. Lilly Kissling
4. Lilly Conklin
5. Hope Barber
6. Brooklyne Marty

## Group #2- Emily

1. Ava Vang
2. Lilah Keech
3. Madison Goins
4. Annaleigh Weizyn
5. Caroline Keech
6. Micah Grant
7. Mylie bailes

## Group #3- Faith

1. Austyn Johnson
2. Averie Amoss
3. Coda Thomas
4. Kaylee Tearl
5. Kinsley West
6. Kyndell West
7. Blake Weaver

## Group #3- Mariana

1. Addelyn Ennis
2. Alexa Cozart
3. Ava Landis
4. Naomi Baugess
5. Emersyn Dark
6. Savannah Mason

# ADVANCE ROUTINES

## BEAM:

- HIGH BEAM: mount + arms down + arms up + posse + arms out (airplane) + releve forward 1/2 + releve backward 1/2+ split leap + tuck jump + x3 steps + 1/2 turn/ full turn + straight jump split jump + cartwheel/ cartwheel HS/ Cartwheel - cartwheel + posse + side HS/ Roundoff
- MIDDLE BEAM: hop on beam + straddle jump + **BWO** + pivot + posse + run front flip of

## FLOOR:

- OPTION 1: Posse front limber + straddle to straight jump full turn/ split jump to straight jump full turn + FHS + full turn + BWO + feet together + drop to knee + slide to split + close legs +turn facing back+ roll over neck + round off BHS + OPTIONAL posse + run front flip.
- OPTION 2: Posse+ front limber + straddle to straight jump full turn/ split jump to straight jump full turn + FHS step out + full turn + BWO + feet together + drop to knee + slide to split + close legs +turn facing back +roll over neck + round off BHS + OPTIONAL posse + dive roll

# ADVANCE ROUTINES

## VAULT:

- OPTION 1: Round of over whale mat
- OPTION 2: FHS over whale mat

## BARS:

- Option 1: Kip + cast + BHC + FHC + Squat on
- Option 2: Glide swing + pullover + cast + BHC + FHC + toe on- straddle dismount

NOTE: check "coaches corner" to see reference videos.

# Boys Intermediate Routines Competition Style

## Floor:

1. Kick to lunge, handstand forward roll 2. Cartwheel to star, cartwheel step-in (connected) 3. Backward roll to pushup\* position, lower to seal stretch 3. Jump to straddle stand, press handstand forward roll 4. Jump full twist 5. Round off

Bonuses:

\*Straight arm backward roll

## Rings:

1. Pull up hold for three seconds 2. Tuck hold, hold for three seconds\* 3. Kick out to three swings 4. Swing to inverted hang, lower to inverted pike 5. Lower to skin the cat\*\* 6. Drop

Bonuses:

\*Muscle up unspotted \*\*Add L hold after support \*\*\*Add back lever after inverted pike

The \* symbols means that there is a skill that can be added or replaced by another skill to increase the difficulty and add points. Bonuses are listed at the bottom of each event

## Vault:

1. Front tuck or Pike to stick

# Boys Advanced Routines Competition Style

## Floor:

1.Run,hurdle front tuck 2. Cartwheel step in 3. Backwards roll through handstand 4.Lower to prone, jump to straddle stand, small jump press handstand\* 5. Front handspring 6.Handstand forward roll\*\* sissone to corner 7. Round-off backhandspring\*\*\*

Bonuses:

\*press handstand with no jump \*\*Handstand full piroet \*\*\*Round of to two back handsprings

## Rings:

1.Muscle up (spotted)\* 2.Suport hold\*\* 3. Roll to inverted pick\*\*\* 4.Skin the cat hold, pull back to inverted pike 5. Cast to 3 swings 6. Back to dismount to stick

Bonuses:

\*Muscle up unspotted \*\*Add L hold after support \*\*\*Add back lever after inverted pike

The \* symbols means that there is a skill that can be added or replaced by another skill to increase the difficulty and add points. Bonuses are listed at the bottom of each event

## Vault:

1.Front tuck or Pike to stick

# Boys Advanced Routines Competition Style

## P-bars:

1. Jump to three underbar swings 2. Back uprise to 3. Upper arm swings 4. Straddle up to support\* 5. Bring feet together one swing to L-hold\*\* 6. From L- hold push to 3 swings dismount\*\*\*

Bonuses:

\*Replace straddle up with front or back uprise \*\*Replace L-hold with V-sit \*\*\*Add swing handstand to dismount

## H-bar:

1. Pull-up pull-over 2. Cast back hip circle to undershoot\* 3. One swing to swing half turn in mixed grip swing to switch grip 4. Glide swing to spotted kip\*\* 5. Cast undershoot 6. Three swings to dismount in the back\*\*\*

Bonuses:

\* Replace back hip circle with free hip circle \*\* Kip unspotted \*\*\* Three swings to flyaway dismount