Girl's Beginner
Evaluations

Name: _____

Day: _____

Coach: _____

Time: _____

Date: _____

Flexibility

1. Straddle, belly down	☐	☐	☐	☐
2. Pike	☐	☐	☐	☐
3. Right split	☐	☐	☐	☐
4. Left split	☐	☐	☐	☐
5. Middle split	☐	☐	☐	☐
6. Bridge	☐	☐	☐	☐

Vault

1. Handstand flat back	☐	☐	☐	☐
2. Running technique	☐	☐	☐	☐
3. Arm circle	☐	☐	☐	☐
4. Straight jump vault	☐	☐	☐	☐
5. Handstand flat back vault	☐	☐	☐	☐

Floor

1. Forward roll	☐	☐	☐	☐
2. Backward roll	☐	☐	☐	☐
3. Handstand	☐	☐	☐	☐
4. Cartwheel	☐	☐	☐	☐
5. Bridge kick over	☐	☐	☐	☐
6. 1/2 turn	☐	☐	☐	☐
7. Leap	☐	☐	☐	☐

Strength

1. 30 sec jumping jacks	☐	☐	☐	☐
2. 10 push ups	☐	☐	☐	☐
3. 10 sit ups	☐	☐	☐	☐
4. 10 leg lifts	☐	☐	☐	☐
5. Rope	☐	☐	☐	☐

Bars

1. Glide Swings	☐	☐	☐	☐
2. Chin up hold	☐	☐	☐	☐
3. Chin up pull over	☐	☐	☐	☐
4. Front support hold	☐	☐	☐	☐
5. 3 casts (hips off bar)	☐	☐	☐	☐
6. Back hip circle	☐	☐	☐	☐

GRADING KEY

Does not know skill	☑	☐	☐	☐
Skills with errors	☑	☑	☐	☐
Completed skill	☑	☑	☑	☐
Mastered skill	☑	☑	☑	☑

AVERAGE SCORES

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

Trampoline

1. Straddle jump	☐	☐	☐	☐
2. Split jump	☐	☐	☐	☐
3. Seat drop	☐	☐	☐	☐
4. Knee drop	☐	☐	☐	☐
5. Doggy drop	☐	☐	☐	☐
6. Doggy drop, forward roll	☐	☐	☐	☐

Beam

1. Proper mount	☐	☐	☐	☐
2. Straight jump	☐	☐	☐	☐
3. Pivot turn	☐	☐	☐	☐
4. Lever	☐	☐	☐	☐
5. Handstand	☐	☐	☐	☐
6. Straight jump dismount	☐	☐	☐	☐

MOVE UP?

YES	NO

Notes: