

GIRLS BEG. EVALUATIONS MONTHS						
			Gymnast Name: _____		Age: _____	
			Class Day: _____		Class Time: _____	
					Date: _____	
Flexibility		Star Value	Bars		Star Value	
Skin the Cat		1. 2. 3. 4.	Sole Hang		1. 2. 3. 4.	
Toe Point		1. 2. 3. 4.	Hallow Holds		1. 2. 3. 4.	
Pike		1. 2. 3. 4.	Front Support		1. 2. 3. 4.	
Right Split		1. 2. 3. 4.	Cast		1. 2. 3. 4.	
Left Split		1. 2. 3. 4.	Cast away		1. 2. 3. 4.	
Middle Split		1. 2. 3. 4.	Glide Swings		1. 2. 3. 4.	
Bridge		1. 2. 3. 4.	Candlesticks		1. 2. 3. 4.	
			Chin Holds		1. 2. 3. 4.	
Vault		Star Value	Leg Lifts		1. 2. 3. 4.	
"C" position		1. 2. 3. 4.			1. 2. 3. 4.	
Arm circles		1. 2. 3. 4.				
Handstand Flatback		1. 2. 3. 4.	Floor		Star Value	
Jump Hurdles		1. 2. 3. 4.	Log rolls		1. 2. 3. 4.	
Straight Jump to stick		1. 2. 3. 4.	Fwd roll		1. 2. 3. 4.	
Hurdle		1. 2. 3. 4.	Candlestick		1. 2. 3. 4.	
Running Technique		1. 2. 3. 4.	Dive roll		1. 2. 3. 4.	
Jump on block		1. 2. 3. 4.	Falls (fwd & bwd)		1. 2. 3. 4.	
Jump off block		1. 2. 3. 4.	Donkey kick		1. 2. 3. 4.	
Long Jumps		1. 2. 3. 4.	Handstand		1. 2. 3. 4.	
Jump backwards off panel		1. 2. 3. 4.	Cartwheel		1. 2. 3. 4.	
			Lunge		1. 2. 3. 4.	
Beam		Star Value	Chasse'		1. 2. 3. 4.	
Scale Hold		1. 2. 3. 4.	Split jump		1. 2. 3. 4.	
Passe' Hold		1. 2. 3. 4.	Bwd roll		1. 2. 3. 4.	
Split Jumps		1. 2. 3. 4.	"T" hold to Lever		1. 2. 3. 4.	
Straight Jump		1. 2. 3. 4.				
Tuck Jump		1. 2. 3. 4.	Trampoline		Star Value	
Mount		1. 2. 3. 4.	Straight Jump		1. 2. 3. 4.	
Bear Walks		1. 2. 3. 4.	Tuck Jump		1. 2. 3. 4.	
Bunny Hops		1. 2. 3. 4.	Split Jump		1. 2. 3. 4.	
Releve' walks (fwd & bwd)		1. 2. 3. 4.	Straddle Jump		1. 2. 3. 4.	
Skipping		1. 2. 3. 4.	Pike Jump		1. 2. 3. 4.	
Fwd Roll (lazer beam)		1. 2. 3. 4.	Knee Drop		1. 2. 3. 4.	
Straight jump to stick		1. 2. 3. 4.	Seat Drop		1. 2. 3. 4.	
			Doggy Drop		1. 2. 3. 4.	
Notes:			Back Drop		1. 2. 3. 4.	