

BOYS REC LESSON PLANS Intermediate

COACHING GUIDELINES

- Please be at work at least 30 minutes before the start of your class to review setup and check for makeups/ trials.
- Go to the bathroom before class and be ready to coach on time.
- You are required to wear a watch so keep track of time and station changes. YOUR PHONE DOES NOT COUNT.
- Engage when coaching & be hands on
- No standing with arms crossed or in pockets, no sitting unless you are spotting.
- NO PHONES WHILE COACHING. First thing you do when you get to the gym is set your phone aside.
- Must give at least 2 weeks prior if possible for absences (unless its an emergency) and it is your responsibility to find a substitute.
- Dress code: Pridé Shirt and appropriate shorts..
- Do not leave your class unattended, have someone watch them if you need to step away, EMERGENCY ONLY
- Learn names of kids and address them by name as quickly as you can.
- Talk to the parents after class if possible. It creates a bond that the parents appreciate.

ADDITIONAL GUIDELINES

Spotting:

- Do not allow kids to flip on the bars by themselves. The bars are too big for their hands & since we don't use chalk, they will fall.
- When spotting bars, always have at least one hand on the child. Be prepared for their hands to slip or for them to let go.
- Never allow kids to do skin the cats alone and rotate their shoulders around. Spot them and make them drop before their shoulders rotate, help them land.
- When spotting cartwheel, ALWAYS spot from the side of their favorite foot.
- When spotting any sort of flip or roll, be sure the child's neck is protected.

ROTATION SCHEDULES

CLASS TIME 55 MINUTES

- 1. WARM UP 10 minutes max
- 2. ROTATION # 1 15 minutes
- 3. ROTATION # 2 15 minutes
- 4. ROTATION # 3 15 minutes

Odd Week

Beginners- P-bars, Rings & Trampoline

Intermediate & Advanced- Floor, H-bar & Strength training

Even Week

Intermediate & Advanced- P-bars, Rings & Trampoline

Beginners- Floor, H-bar & Strength training

Theme Week

All Classes- Strength Training, Themed Games & Trampoline

Review Week

All Classes Review each Event, including Strength Training & Trampoline

Boys Rec Rotation Times

Monday

10:00- 10:55- Beginner

11:00- 11:10 - Warm Up 11:10- 11:25 - #1 11:25- 11:40 - #2 11:40- 11:55 - #3

11:00- 11:55- Beginner

11:00- 11:10 - Warm Up 11:10- 11:25 - #1 11:25- 11:40 - #2 11:40- 11:55 - #3

12:00- 12:55- Intermediate

12:00- 12:10 - Warm Up 12:10- 12:25 - #1 12:25- 12:40 - #2 12:40- 12:55 - #3

4:30- 5:25- Beginner

4:30- 4:40 - Warm Up 4:40- 4:55 - #1 4:55- 5:10 - #2 5:10- 5:25 - #3

5:30- 6:25- Beginner

5:30- 5:40 - Warm Up 5:40- 5:55 - #1 5:55- 6:10 - #2 6:10- 6:25 - #3

6:30-7:25- Intermediate

6:30- 6:40 - Warm Up 6:40- 6:55 - #1 6:55- 7:10 - #2 7:10- 7:25 - #3

7:30- 8:25- Advanced

7:30- 7:40 - Warm Up 7:40- 7:55 - #1 7:55- 8:10 - #2 8:10- 8:25 - #3

4:30- 5:25- Beginner 4:30- 4:40 - Warm Up 4:40- 4:55 - #1 4:55- 5:10 - #2 5:10- 5:25 - #3

Tuesdav

5:30- 6:25- Beginner 5:30- 5:40 - Warm Up 5:40- 5:55 - #1 5:55- 6:10 - #2 6:10- 6:25 - #3

5:30- 6:25- Intermediate

5:30- 5:40 - Warm Up 5:40- 5:55 - #1 5:55- 6:10 - #2 6:10- 6:25 - #3

6:30-7:25-Beginner

6:30- 6:40 - Warm Up 6:40- 6:55 - #1 6:55- 7:10 - #2 7:10- 7:25 - #3

6:30-7:25-Intermediate

6:30- 6:40 - Warm Up 6:40- 6:55 - #1 6:55- 7:10 - #2 7:10- 7:25 - #3

7:30- 8:25- Advanced

7:30- 7:40 - Warm Up 7:40- 7:55 - #1 7:55- 8:10 - #2 8:10- 8:25 - #3

<u>Wednesday</u>

10:00- 10:55- Beginner 11:00- 11:10 - Warm Up 11:10- 11:25 - #1 11:25- 11:40 - #2 11:40- 11:55 - #3

11:00- 11:55- Beginner

11:00- 11:10 - Warm Up 11:10- 11:25 - #1 11:25- 11:40 - #2 11:40- 11:55 - #3

12:00-12:55-Intermediate

12:00- 12:10 - Warm Up 12:10- 12:25 - #1 12:25- 12:40 - #2 12:40- 12:55 - #3

4:30- 5:25- Beginner

4:30- 4:40 - Warm Up 4:40- 4:55 - #1 4:55- 5:10 - #2 5:10- 5:25 - #3

5:30- 6:25- Beginner

5:30- 5:40 - Warm Up 5:40- 5:55 - #1 5:55- 6:10 - #2 6:10- 6:25 - #3

6:30-7:25-Intermediate

6:30- 6:40 - Warm Up 6:40- 6:55 - #1 6:55- 7:10 - #2 7:10- 7:25 - #3

7:30-8:25-Advanced

7:30- 7:40 - Warm Up 7:40- 7:55 - #1 7:55- 8:10 - #2 8:10- 8:25 - #3

Thursday

10:00- 10:55- Beginner
10:00- 10:10 - Warm Up
10:10- 10:25 - #1
10:25- 10:40 - #2
10:40- 10:55 - #3

11:00- 11:55- Intermediate 11:00- 11:10 - Warm Up

11:00- 11:10 - Warn 11:10- 11:25 - #1 11:25- 11:40 - #2 11:40- 11:55 - #3

4:30- 5:25- Beginner 4:30- 4:40 - Warm Up

4:30- 4:40 - Warm Up 4:40- 4:55 - #1 4:55- 5:10 - #2 5:10- 5:25 - #3

5:30- 5:40 - Warm Up

5:30- 5:40 - Warm 0 5:40- 5:55 - #1 5:55- 6:10 - #2 6:10- 6:25 - #3

5:30- 6:25- Intermediate

5:30- 5:40 - Warm Up 5:40- 5:55 - #1 5:55- 6:10 - #2 6:10- 6:25 - #3

6:30- 7:25- Beginner 6:30- 6:40 - Warm Up

6:30- 6:40 - Warm 6:40- 6:55 - #1 6:55- 7:10 - #2 7:10- 7:25 - #3

6:30- 7:25- Intermediate 6:30- 6:40 - Warm Up

6:30- 6:40 - Warm Up 6:40- 6:55 - #1 6:55- 7:10 - #2 7:10- 7:25 - #3

7:30- 8:25- Advanced

7:30- 7:40 - Warm Up 7:40- 7:55 - #1 7:55- 8:10 - #2 8:10- 8:25 - #3

Saturday

10:00- 10:55- Beginner

10:00- 10:10 - Warm Up 10:10- 10:25 - #1 10:25- 10:40 - #2 10:40- 10:55 - #3

Theme Week

10 minutes- Warm up 15 minutes- #1 Strength Training 25 minutes- #2 Theme Games 5 minutes- #3 Trampoline

Review Week

10 minutes- Warm up 7.5 minutes-7.5 minutes-7.5 minutes-7.5 minutes- . 7.5 minutes- Strength Training 7.5 minutes- Trampoline

Lesson plan instructions

- 1. WHEN LOOKING OVER ROTATION SCHEDULE, THE FIRST MONDAY AFTER EVALUATIONS WILL BE ODD WEEK.
 - I. FOR EXAMPLE- MONDAY, AUGUST 7TH 2023
 - 1. BEGINNERS ROTATIONS WILL BE VAULT, BEAM & STRENGTH TRAINING
 - 2. INTERMEDIATE AND ADVANCED ROTATIONS WILL BE FLOOR BARS & TRAMPOLINE
- 2. EACH LESSON PLAN WILL BE IN TWO MONTH INCREMENTS, 9 WEEKS BETWEEN EACH EVALUATION.
 - A. LESSON PLANS WILL BE 6 WEEKS
 - B. WEEK 7 WILL BE THEME WEEK WITH GAMES
 - C. WEEK & REVIEW WEEK
 - D. WEEK ⁹ WILL BE EVALUATIONS
 - I. FOR EXAMPLE- FIRST MONTHS 1-2
 - 1. WEEK #1- ODD WEEK
 - 2. WEEK #2- EVEN WEEK
 - 3. WEEK #3- ODD WEEK
 - 4. WEEK #4- EVEN WEEK
 - 5. WEEK #5- ODD WEEK
 - 6. WEEK # 6- EVEN WEEK
 - 7. WEEK #7- THEME WEEK
 - 8. WEEK #8- REVIEW WEEK

<u>Theme Weeks</u> Every other month will have a theme.



JANUARY <u>WINTER WONDERLAND</u> March <u>Spring</u> **May closed memorial week** September <u>Fall</u> November <u>Candy</u>



<u>REVIEW & EVALUATIONS</u>

- 1. REVIEW WEEK, WILL BE GOING THROUGH EACH STATION REVIEWING SKILLS AND TERMINOLOGY.
- 2. EVALUATION WEEK, WILL NOT HAVE STATIONS. COACHES BE GOING OVER EACH EVENT, AND SKILLS LISTED ON THE EVALUATION SHEET.
 - A. PLEASE REMEMBER TO TURN IN EVALUATION SHEETS TO FRONT DESK AFTER COMPLETING.

Warm Up First 10 minutes of class

Stretch

- Arm Circles (8 Counts)
 - Forward а.
 - b Backward
 - Criss cross C.
 - Side to side d.
- 2. 3. 4.
- Star position Flat star position Standing Straddle a. Right

 - Left b.
 - Middle C.
- Straight body position Standing Pike 5.
- Eagle stretch (butterfly) Sitting Pike Sitting Straddle a. Right b. Left
- 6. 7. 8. 9.
- - Middle C.
- 10. Skin the Cat
- 11. Wrist stretches
- 12. Splits (both legs)
 - Lunge forward а.
 - b. Short Split
- c. Full Split Bridge (Kick over if able) a. Rock- N- Roll 13.



Months 1-2

Months 1-2 will be August & September 2023

- 1. WEEK #1- ODD WEEK (8/7- 8/12)
- 2. WEEK #2- EVEN WEEK (8/14- 8/19)
- 3. WEEK #3- ODD WEEK (8/21-8/26)
- 4. WEEK #4- EVEN WEEK (8/28-9/2)
- 5. WEEK #5- ODD WEEK (9/4-9/9)
- 6. WEEK #6- REVIEW WEEK (9/11-9/16)
- 7. WEEK #7- EVALUATION WEEK (9/18-9/23)
- 8. WEEK #8- THEME WEEK (9/25- 9/30)

STRENGTH TRAINING

15 Minute Rotation Months 1-2



<u>Intermediate</u>

- :45 second jumping jacks (switch directly into) :30 second straight jumps (switch directly into) :30 second squat jumps
 - a. No breaks
- 2. 5x pull-ups
- 3. 20x push ups
- 4. 20x tuck-ups
- 5. 20x arch rocks HOLD #20 for :10sec
- 6. 10x handstands (against wall)
- 7. Rope climb

TRAMPOLINE MONTHS 1-2 **15 MINUTE ROTATION**

Trampoline Tricks for Beginners



Doggy Drop



Front Drop



Straddle Jump

Knee Drop



Back Drop

INTERMEDIATE-

- Straddle jump
- Seat drop ¹/₂ turn
- Doggy Drop
- Back drop
- Hallow to stomach drop
- Front flip \bullet

FOCUS

- Proper technique 1.
- Arm & Leg positions 2.
- Pointed toes 3.
- Shapes of jumps 4.

Rings (SR)Month 1-2



15 minutes * 4-6 stations

- 1. Swings to inverted hang or pike
- 2. Assisted pull-ups
- 3. L-hold
- 4. Superman rocks
- 5. Candlestick pulls
- 6. Push-ups with PP devices turned out
- 7. Heal drives

High Bar (HB) Months 1-2 4-6 Stations

- 1. Glide Swings
- 2. Chin up Pike Hold
- 3. "L" Hold
- 4. Front Support/Casts
- 5. Cast Drill on ground
- 6. Hollow Hold on ground
- 7. Cast back hip circle



Parallel bars (PB) Months 1-2 4-7 Stations



- 1. Push ups (chest to the bar)
- 2. Elevated front support
- 3. L or straddle hold
- 4. Assisted dips
- 5. Suport walks down low bars
- 6. Support swings

Floor (FX) Months 1-2



- . Handstand Forward Roll
- 2. Straight arm backward roll
- 3. "T" Hold to Lever
- 4. Handstand Hold on wall or spot block
- 5. Cartwheel over baby Cheese mat
 - a. Cartwheel over mats
- 6. Cartwheel through Cheese Mats or Blocks
- 7. Arch Ups with 2 Panel mats

4-6 Stations



Review Week Months 1-2

<u>Review Week</u>

- 10 minutes- Warm up
- 7.5 minutes- Rings
- 7.5 minutes- H. Bars
- 7.5 minutes- P. Bars
- 7.5 minutes- Floor X.
- 7.5 minutes- Strength Training
- 7.5 minutes- Trampoline

<u>SR</u>

• Pull-up

- Tuck/L-hold
- Swings
- Inverted pike/inv sequence
- Skin the cat

<u>HB</u>

- Glide Swings
- Chin Holds
- Leg Lifts or "L" Hold
- Font Support
- Hollow Holds

<u>PB</u>

- Straddle travel
- Straddle hold
- Support hold
- Donkey kick to handstand (on wall)
- Support Swings

<u>FX</u>

- Forward Roll
- Backward Roll
- "T" hold to Lever
- Donkey Kick or Handstand
- Cartwheel

<u>ST</u>

- Push ups
- Squat Jumps
- Jumping Jacks
- Sit ups
- Arch ups

<u>TP</u>

 Call out Jumps from Trampoline List, testing memory of skill.

INTERMEDIATE BOYS MONTH 1-2 EVALUATIONS

Gymnast Name:	Age:	Coach Name:	
Class Day:	Class Time:	Date:	

Flexibility-

- Skin the Cat 1
- 2. Pancake
- 3. Pike
- **Right Split** 4.
- 5. Left Split
- 6. Middle Split
- 7. Bridge

Strength Training-

- Push ups 20x 1.
- 2. Squat Jumps 20x
- 3. Jumping Jacks 1-min
- 4. Straight Jumps 1-min
- 5. Superman Rocks 20x

Trampoline-

- Straddle Jump 1.
- 2. Pike Jump
- 3. Seat drop half turn
- 4. Back Drop
- 5 Front Flip



NOTES:

Four Star System-☆ Star= Doesn't have the skill EVALUATE STATIONS FOR EACH EVENT! 🕁 🕁 Star= Skill with errors ☆☆☆ Star= Completed skill ☆☆☆☆ Star= Mastered skill

- Rings Pull-up 1. 2. Swinas 3. Swing to inverted hang
 - Skin the cat hold 4.
 - 5. L-hold 5 sec

H-Bar-

- **Glide Swings** 1.
- 2. Chin-up pike hold 5-secs
- 3. "L" Holds 5 sec
- 4. Front Support/ cast
- 5. Hollow Holds 20-secs
- 6. Back hip circle



P-bars 1.

2.

3.

4.

H-bar:

- Straddle-V Swings 5x Swing to dismount Support walks
- 4.
- 1. Handstand Forward Roll 2. Straight arm Backward Roll 3. "T" hold to Lever Tuck headstand

P-bars:

5. Cartwheel lunge

*** $\pounds \pounds \pounds \pounds \pounds$ ☆ ☆ ☆ ☆ *** ***

Rinas:

Grade score Flexibility:

Strenath:

Tramp:

Floor:

Theme Week Months 1-2

<u>Theme Week</u>

10 minutes- Warm up 15 minutes- #1 Strength Training 25 minutes- #2 Theme Games 5 minutes- #3 Trampoline



Fall Themed Gym Games

- Beam Toss
 - Each gymnast stands on a beam or multiple beams, tossing an object to each other, if you drop the object or FALL off the beam then they're out. Last one standing is Winner!
- Last Leaf
 - Each gymnasts hangs on the beam and/or bar, each hanging on for as long as they can. Last one hanging is Winner!
- Hibernation Collection
 - Two Teams; one at a time each team has to pick up as many Fall themed objects without using their hands.
 - Two Hula Hoops will have Fall themed objects and a Bucket.
 - The gymnasts will Crab Walk To the Hula Hoop, picking up as much as they can in 15 seconds (time starts at Hoop area) placing objects into bucket without using hands. Running back to let the next teammate go.
 - Using hands will get you automatically out!
 - After each gymnast takes a turn, the team with the most collected in the bucket WINS!

Months 3-4

Months 1-2 will be October & November 2022

- 1. Week #1- Odd Week (10/2-10/7)
- 2. Week #2- Even Week (10/ 9- 10/14)
- 3. Week #3- Odd Week (10/16- 10/21)
- 4. Week #4- Even week (10/23-10/28)
- 5. Week #5- odd week (10/30-11/4)
- 6. Week # 6- even week (11/6- 11/11)
- 7. Week #7- Review Week (11/13- 11/18)
- 8. Week #8- Theme Week (11/20-11/25)
- 9. Week #9- Evaluation Week (11/27-12/2)

STRENGTH TRAINING

15 Minute Rotation Months 3-4



<u>Intermediate</u>

- :45 second jumping jacks (switch directly into) :30 second straight jumps (switch directly into) :30 second squat jumps

 a. No breaks
- 2. 30x shoulder touches
- 3. Front support on floor 1 min
- 4. Hollow hold 2x 45 sec
- 5. Arch holds 2x 45
- 6. 10x handstands (against wall)
- 7. 15 tuck ups hold last one 10 sec
- 8. Rope climb

TRAMPOLINE MONTHS 3-4

ROTATION



INTERMEDIATE-

- Straddle jump
- Pike jump
- Seat drop 1/2 turn
- Doggy Drop
- Back drop
- Jump full twist (twist in the direction of their favorite foot)
- Front flip

<u>FOCUS</u>

- 1. Proper technique
- 2. Arm & Leg positions
- 3. Pointed toes
- 4. Shapes of jumps

Rings (SR) Month 3-4



15 minutes * 4-6 stations

- 1. Swing to inverted hang
- 2. Skin the cat pull
 - through
- 3. Assisted pull-ups
- 4. Arch rocks
- 5. Candlestick position
- 6. Push-ups
- 7. Heal drives

Parallel bars (PB) Months 3-4 4-7 Stations



- 1. Pike handstand
- 2. Straddle or L-hold
- 3. In and outs
- 4. Front support slides
- 5. Bent leg support walks
- 6. Support swings &
 - dismounts to the side

High Bar (HB) Months 3-4 Stations

INTERMEDIATE

- 3x casts 45 degrees
 - a. On bar
 - b. Panel mat & floor bar, push up position, feet jump on and off panel mat like "jumping jack"
- 2. Candlestick

 - a. Bar, knees to bar pushing hips to bar
 b. Floor, hold side post of bars on back, holding candlestick position
- Chin holds 3
 - a. Holds on bar
- Pullovers
 - a. Spot first station
 - b. Walking up cheese mat on second station
- Glide swing (unspotted) 5.



Floor (FX)

Months 3-4

4-6 Stations



Intermediate (FX)

- 1. Handstand tick tock drill against spotting block
- 2. Handstand to lunge
 - a. Draw 2 circles, Handstands onto panel mat landing feet in circles
- 3. Lunge to lever drill
- 4. Cartwheel to "7" (Step in)
 - a. Draw box, cartwheel into box, feet coming together, holding hands straight in front of chest
- 5. Handstand Forward Roll
 - a. Panel mat and cheese mat, hands on panel mathandstand, rolling down the cheese mat
- 6. Run to hurdle position over cartwheel mat
- 7. Headstand
 - a. Press handstand (if able to do headstand perfectly)
- 8. Straight arm backward roll down cheese

Review Week Months 3-4

<u>Review Week</u>

10 minutes- Warm up

- 7.5 minutes- Rings
- 7.5 minutes- H. Bars
- 7.5 minutes- P. Bars
- 7.5 minutes- Floor X.
- 7.5 minutes- Strength Training
- 7.5 minutes- Trampoline

<u>R</u>

- Heal drive
- Candlestick hold
- Swing to inverted sequence
- Support hold in tuck position

<u>HB</u>

- Front Support
- Chin Holds
- Leg Lifts
- 3x casts
- Candlesticks
- pullovers

<u>PB</u>

- Front support drill
- Handstand hold
- Swing to dismount
- Straddle-V
- Handstand flat back
- Tick tocks

<u>FX</u>

- Handstand to lunge
- Cartwheel to "7"
- Handstand forward roll
- Handstand ½ turn
- Round Off to stick
- Press headstand or handstand

<u>ST</u>

- Hollow hold
- Arch hold
- Donkey kicks (against wall)
- Tuck ups
- Rope climb

<u>TP</u>

 Call out Jumps from Trampoline List, testing memory of skill.

BOYS INT MONTH 3-4 EVALUATIONS

Gymnast Name:	Age:	Coach Name:	
Class Day:	Class Time:	Date:	



NOTES:

Grade score Flexibility:

Strength:

Tramp:

. <u>Rings:</u>

. H-bar:

. P-bars:

Floor:

Theme Week Months 3-4

<u>Theme Week</u>

10 minutes- Warm up 15 minutes- #1 Strength Training 25 minutes- #2 Theme Games 5 minutes- #3 Trampoline



Candy Themed Gym Games

- Race to Candy Mountain
 - On two strips of the floor you will have, two large piles of foam stacked. Start with four blocks on bottom, then stack up a row of three blocks, two and then one for the top of the mountain.
 - Creating two teams to race down the strips, collecting a block. Running back to the beginning where the start to form the beginning of a new "mountain".
 - \circ Continue the race until the team with the new "mountain" is complete. WINNERS!
- Front Support Cone Stack
 - Race in partners to see which team can stack cones fattest.
 - Push up position
 - Partners face each others, first partners stacks cones then walks in push up position back as the second partner re-stacks cones.

• Pass the "Gum Ball"

- Sitting in a circle using feet only to pass the "gum" ball to the next person.
- Each round add a gum ball.
- If the ball is dropped that person is out.

Months 5-6

MONTHS 5-6 WILL BE DECEMBER - JANUARY 2023

- 1. WEEK #1- ODD WEEK (12/4-12/9)
- 2. WEEK #2- EVEN WEEK`(12/11-12/16)
- 3. WEEK #3- ODD WEEK (12/18-12/22)
- 4. WEEK #4- EVEN WEEK (12/27-12/30)
- 5. WEEK #5- ODD WEEK (1 / 2- 1/6)
- 6. WEEK # 6- EVEN WEEK (1/ 8- 1/13)
- 1. WEEK #7- FIRST $\frac{1}{2}$ EVALUATION WEEK (1/15- 1/20)
- 8. WEEK #8- SECOND $\frac{1}{2}$ EVALUATION WEEK (1/22-1/27)
- 9. WEEK #9- THEME WEEK (1/29- 2/3)

STRENGTH TRAINING

15 Minute Rotation Months 5-6



- 1. :45 second Straight Jumps
 - (switch directly into) :45 second **Tuck Jumps**
 - a. No breaks
- 2. 20x Star jumps
- 3. :45 sec plank hold
- 4. 15 v-ups
- 5. 20x arch ups, edge of tumble track with partner
- 6. 10x handstands (against wall)
- 7. Rope climb

TRAMPOLINE

15 MINUTE ROTATION

MONTHS 5-6

FOCUS

- 1. Proper technique
- 2. Arm & Leg positions
- 3. Pointed toes
- 4. Shapes of jumps



INTERMEDIATE-

- Straddle jump
- Pike jump
- Seat drop ¹/₂ turn, seat drop
- Doggy Drop
- Back drop
- Hallow to stomach drop, stand
- Front flip into pit
- Jump full twist

Rings (SR) Month 5-6



15 minutes * 4-6 stations

- 1. Swing to inverted sequence
- 2. Skin the cat pull through
- 3. Pull-ups
- 4. Shoulder flexibility drill
- 5. Candlestick position
- 6. Candlestick rolls
- 7. Tuck or L hold on ring rocker

Parallel bars (PB) Months 5-6 4-7 Stations



- Pike handstand one foot on block the other in the air (tick tocks)
- 2. Push-up position tuck through to front support tuck back (in and outs)
- Moving the bean bags from one side of the bar to the other in a L position
- 4. Spotted chicken dips
 - swing/ swing to dismount
- 6. chicken hold
- 7. Straddle or L hold

Bars (HB) Months 5-6 Stations



15 minutes * 4- 6

INTERMEDIATE

Pullover

- a. Connect 3, 45 degree casts
- 2. Glide swing
 - a. To straight body and back to panel mat
- 3. Candlestick hold
 - a. (spot) candlestick stretching heels to tall spot block
 - i. Preparing for undershoots
- 4. Sole hang
 - a. Hang in pike position 10 seconds
 - b. Hang in straddle position 10 seconds
- 5. Back hip circle (spot)
 - a. Hollow hold rocks- floor station

Floor (FX) Months 5-6



Intermediate(FX)

- 1. Handstand front limber
 - a. Off panel mat
- 2. Press Headstand
- 3. Backward roll
 - a. With straight arms, down incline
- 4. Cartwheel series
 - a. 3 cartwheels in a row
- 5. Roundoff
- 6. Back limber
 - a. Reaching hands to 8" mat
- Jump ½ turn (work towards full turn)
- 8. Jump hurdle round off rebound

15 minutes * 4-6 stations



Review Sheet Months 5-6

<u>Review Week</u>

- 10 minutes- Warm up
- 7.5 minutes- Rings
- 7.5 minutes- H. Bars
- 7.5 minutes- P. Bars
- 7.5 minutes- Floor X.
- 7.5 minutes- Strength Training
- 7.5 minutes- Trampoline

<u>SR</u>

HB

- 3x swing to inverted hang
- Back lever to block
- Tuck or L-hold (on ring rocker)
- Glide swings
- Candlesticks
- Pullovers
- Sole hang
- Back hip circle

<u>PB</u>

- Pike handstand one foot on block
- Swing to dismount
- Chicken hold

<u>FX</u>

- Round off
- Handstand front limber
- Press Headstand
- 3x cartwheels
- Back limber
- Jump 1/2 turn

<u>ST</u>

Timed-

- Straight jumps
- Tuck jumps
- Plank holds

15- 30x

- V-ups
- Arch ups
- Squat / Star jumps
- Donkey kicks / Handstands

Evaluation Weeks

First ½ Evaluation Week (1/23- 1/28)

- Warm ups- 10 minutes
- Rotation #1- 15 minutes
- Rotation #2- 15 minutes
- Rotation #3- 15 minutes

Beginner-

- P. Bars
- Rings
- Trampoline

Intermediate-

- High Bar
- Floor
- Strength Training

Second ¹/₂ Evaluation Week (1/30- 2/4)

- Warm ups- 10 minutes
- Rotation #1- 15 minutes
- Rotation #2- 15 minutes
- Rotation #3- 15 minutes

Beginner-

- High Bar
- Floor
- Strength Training

Intermediate-

- P. Bars
- Rings
- Trampoline

Strength Training-

Beginners

- 1. :30 second **Straight Jumps** (switch directly into) :30 second **Tuck Jumps**
 - a. Try not to take breaks in between switching skills
- 2. :30 sec Plank hold
- 3. 15x V-ups
- 4. 15x arch ups, edge of tumble track with partner HOLD #15 for :10sec
- 5. 15x squat jumps (Frog jumps)
- 6. 10x Donkey kicks (against wall)
- 7. Rope climb

- 1. :45 second **Straight Jumps** (switch directly into) :45 second **Tuck Jumps**
 - a. No breaks
- 2. 20x Star jumps
- 3. :45 sec plank hold
- 4. 30x Sit ups w/ partner
- 5. 20x arch ups, edge of tumble track with partner
- 6. 10x handstands (against wall)
- 7. Rope climb
BOYS. EVALUATIONS MONTHS 1-6

		Gymnast Name:		Age:	_
Flexibility	Star Value	Class Day:	Class Time:	Date:	_
Skin the Cat	1. 2. 3. 4.	Bars		Star Value	
Toe Point	1. 2. 3. 4.	Sole Hang		1. 2. 3. 4.	
Pike	1. 2. 3. 4.	"L" Hold		1. 2. 3. 4.	
Right Split	1. 2. 3. 4.	Front Support		1. 2. 3. 4.	
Left Split	1. 2. 3. 4.	3x Casts		1. 2. 3. 4.	
Middle Split	1. 2. 3. 4.	Pullovers		1. 2. 3. 4.	
Bridge	1. 2. 3. 4.	Glide Swings		1. 2. 3. 4.	
		Candlesticks		1. 2. 3. 4.	
P. Bars	Star Value	Chin Holds		1. 2. 3. 4.	
Pike Handstand Drill	1. 2. 3. 4.	Back Hip Circles		1. 2. 3. 4.	
Front Support	1. 2. 3. 4.	Hallow Holds		1. 2. 3. 4.	
Chicken Dips	1. 2. 3. 4.				
Support Hold	1. 2. 3. 4.	Floor		Star Value	
Half Swing Drill	1. 2. 3. 4.	Fwd/ Bwd Roll		1. 2. 3. 4.	
Straddle Hold	1. 2. 3. 4.	"T" hold to Lever		1. 2. 3. 4.	Original Copi
Handstand Hold	1. 2. 3. 4.	HS to Lunge		1. 2. 3. 4.	-
Straddle Travel	1. 2. 3. 4.	Cartwheel to "7"		1. 2. 3. 4.	will be four
		Chasse' to Tuck Jump		1. 2. 3. 4.	
		Split Jump		1. 2. 3. 4.	on Google
		Round off		1. 2. 3. 4.	Sheets.
		HS 1/2 Turn		1. 2. 3. 4.	Sheets.
Rings	Star Value	HS Fwd roll		1. 2. 3. 4.	
Swings	1. 2. 3. 4.	1/2 Turns		1. 2. 3. 4.	
Pull up Hold	1. 2. 3. 4.	HS Fwd Limber		1. 2. 3. 4.	
Push up Hold	1. 2. 3. 4.	Press Headstand		1. 2. 3. 4.	
Tuck Hold	1. 2. 3. 4.	Back Bend		1. 2. 3. 4.	
Heal Drives	1. 2. 3. 4.				
Straight Body Hold	1. 2. 3. 4.	Trampoline		Star Value	
Support Hold	1. 2. 3. 4.	Straddle Jump		1. 2. 3. 4.	
Candlestick	1. 2. 3. 4.	Pike Jump		1. 2. 3. 4.	
Swing to Inverted Pike	1. 2. 3. 4.	Seat Drop 1/2 Turn		1. 2. 3. 4.	
Inverted Pike	1. 2. 3. 4.	Doggy Drop		1. 2. 3. 4.	
Skin the Cat	1. 2. 3. 4.	Back Drop		1. 2. 3. 4.	
		Hallow to Stomach		1. 2. 3. 4.	
		Front Flip		1. 2. 3. 4.	
Notes:		Split Jumps		1. 2. 3. 4.	
				1 0 0 4	

	BUTS INT. EVALUATIONS	MONTHS 1-6				
	T		Gymnast Name:		Age:	
	Flexibility	Star Value	Class Day:	Class Time:	Date:	
	Skin the Cat	1. 2. 3. 4.	High Bar		Star Value	
	Toe Point	1. 2. 3. 4.	Sole Hang		1. 2. 3. 4.	
	Pike	1. 2. 3. 4.	"L" Hold		1. 2. 3. 4.	
	Right Split	1. 2. 3. 4.	Front Support		1. 2. 3. 4.	
	Left Split	1. 2. 3. 4.	3x Casts		1. 2. 3. 4.	
	Middle Split	1. 2. 3. 4.	Pullovers		1. 2. 3. 4.	
	Bridge	1. 2. 3. 4.	Glide Swings		1. 2. 3. 4.	
			Candlesticks		1. 2. 3. 4.	
	P. Bars	Star Value	Chin Holds		1. 2. 3. 4.	
	Straddle Travel	1. 2. 3. 4.	Back Hip Circles		1. 2. 3. 4.	
	Straddle Hold	1. 2. 3. 4.	Hallow Holds		1. 2. 3. 4.	
	Support Hold	1. 2. 3. 4.				
	Donkey Kicks (wall)	1. 2. 3. 4.	Floor		Star Value	
	Handstand w/ parralettes	1. 2. 3. 4.	Fwd/ Bwd Roll		1. 2. 3. 4.	
		1. 2. 3. 4.	"T" hold to Lever		1. 2. 3. 4.	
iginal Cop	DICS	1. 2. 3. 4.	HS to Lunge		1. 2. 3. 4.	
ill be fou		1. 2. 3. 4.	Cartwheel to "7"		1. 2. 3. 4.	
ILL DE IOL	Handstand Flatback	1. 2. 3. 4.	Chasse' to Tuck Jump		1. 2. 3. 4.	
on Google	Tic Tocks	1. 2. 3. 4.	Split Jump		1. 2. 3. 4.	
U	Chicken Holds	1. 2. 3. 4.	Round off		1. 2. 3. 4.	
Sheets.			HS 1/2 Turn		1. 2. 3. 4.	
	Rings	Star Value	HS Fwd roll		1. 2. 3. 4.	
	Pull up	1. 2. 3. 4.	1/2 Turns		1. 2. 3. 4.	
	Tuck/ L Hold	1. 2. 3. 4.	HS Fwd Limber		1. 2. 3. 4.	
	Swings	1. 2. 3. 4.	Press Headstand		1. 2. 3. 4.	
	Inverted Pike	1. 2. 3. 4.	Back Bend		1. 2. 3. 4.	
	Inverted Sequence	1. 2. 3. 4.				
	Skin the cat	1. 2. 3. 4.	Trampoline		Star Value	
	Swing to Pike	1. 2. 3. 4.	Straddle Jump		1. 2. 3. 4.	
	Heal Drives	1. 2. 3. 4.	Pike Jump		1. 2. 3. 4.	
	Candlestick	1. 2. 3. 4.	Seat Drop 1/2 Turn		1. 2. 3. 4.	
	Support hold Tucked	1. 2. 3. 4.	Doggy Drop		1. 2. 3. 4.	
	Back Lever to Block	1. 2. 3. 4.	Back Drop		1. 2. 3. 4.	
	3 Swings to inverted hang	1. 2. 3. 4.	Hallow to Stomach		1. 2. 3. 4.	
			Front Flip		1. 2. 3. 4.	
	Notes:		Split Jumps		1. 2. 3. 4.	
					1. 2. 3. 4.	



Theme Week Months 5-6

<u>T</u>heme Week

10 minutes- Warm up 15 minutes- #1 Strength Training 25 minutes- #2 Theme Games 5 minutes- #3 Trampoline





Winter Themed Gym Games

Penguin Bowling

- Kids are Penguins, lined up like Bowling Pins.
- First Kid rolls 3 times, to try to "knock" over as many penguins as possible.
- Make sure the kids are rolling yoga ball and not throwing it like a dodgeball.

Bridge Tunnel

- Start side by side, all pushing into a bridge together.
- First kid crawls through, once making it through the tunnel trying to bridge up as fast as they can before the next person goes through.
- If cannot bridge, hold pike position.

Iceberg Game

- Set up mats spread apart far enough for kids to jump to. You will set 15 seconds on a timer and when it goes off each kid has to be on a mat. Each round gets shorter time limit to get to another mat.
- Fall to the floor = OUT
- Not on a mat when time is up= OUT

Months 7-8

MONTHS 7-8 WILL BE FEBRUARY- MARCH 1. WEEK #1- ODD WEEK (2/5- 2/10) WEEK #2 - EVEN WEEK (2/12 - 2/17) 2. 3. WEEK #3- ODD WEEK (2/19- 2/ 24) 4. WEEK #4-EVEN WEEK (2/26-3/2)WEEK #5- ODD WEEK (3/4- 3/9) 5. WEEK #6- REVIEW WEEK (3/11- 3/ 16) 6. WEEK #7- EVALUATION WEEK (3/18 - 3/23)7. WEEK #8- THEME WEEK (3/25- 3/30)

STRENGTH

TRAINING

15 Minute Rotation Months 7-8



- 45 second mountain climbers (switch directly into) :45 second shoulder taps
 - a. Try not to take breaks in between switching skills
- 2. 45 sec hollow hold
- 3. 45 sec arch hold
- 4. 45 sec wall sit
- 3x handstand walk up wall hold 30 sec
- 6. Rope climb

TRAMPOLINE MONTHS 1-2

15 MINUTE ROTATION



INTERMEDIATE-

Spend 7-10 minutes working skills and connections

- Seat drop
- Straddle jump
- Full twist
- Stomach or doggy drop
- Back drop
- Seat drop half turn

Spend the last 5-7 minutes working on front flips and/or back flips

<u>FOCUS</u>

- 1. Proper technique
- 2. Arm & Leg positions
- 3. Pointed toes
- 4. Shapes of jumps

Rings (SR) Month 7-8



15 minutes * 4-6 stations

- 1. swings/swing to inverted sequence (unspotted)
- 2. Assisted muscle ups on low rings (spotted)
- 3. Shoulder flexibility drill with stick
- 4. Hanging L-hold
- 5. Arch rocks
- 6. Candlestick lifts
- 7. Assisted dips with the perfect push-up device

Parallel bars (PB) Months 5-6 4-7 Stations



- 1. Pushups
- 2. Pike to straddle lifts
- 3. L-hold
- 4. Pike handstand slides
- 5. Front support
- 6. Dips on p-bars
- 7. Swings to dismount

High Barh (HB) Months 7-8 15 minutes * 4- 6 Stations



INTERMEDIATE (HB)

- 1. Back hip circle
- 2. 3x glide swings connected
- 3. Glide swing to pike- hold toes at bar
- pullovers from hang
 3x casts connected
- 5. 3x casts connected above 45 degree angle
- 6. Hollow hold rocks- floor station with 5lb weight bar

Floor (FX) Months 7-8



15 minutes * 4-6 stations

Intermediate (FX)

- 1. Press headstand- no mat
- 2. Bwd roll with straight arms
- 3. Handstand fwd roll
- 4. Power hurdle, round off rebound
- 5. Back limber, kick over
- 6. Front limber- no mat
- 7. Jump full turn

Review Sheet Months 7-8

<u>Review Week</u>

- 10 minutes- Warm up
- 7.5 minutes- Rings
- 7.5 minutes- H. Bars
- 7.5 minutes- P. Bars
- 7.5 minutes- Floor X.
- 7.5 minutes- Strength Training
- 7.5 minutes- Trampoline

<u>R</u> Swings/swing to inverted sequence • Assisted pull-ups on low rings • Shoulder flexibility drill with stick • Hanging L-hold • Arch rocks . Assisted dips with the perfect push-up device . HB Back hip circle 3x glide swings connected Glide swing to pike- hold toes at bar Pullovers - from hang 3x casts connected above 45 degree angle Hollow hold rocks- floor station with 5lb weight bar Glide swing, to pullover connected 3x Casts connected above 90 degree angle 3x candlestick holds connected PB-10 -15x Push ups on block. • Front support with feet on mats • Pike handstand one foot on block the other in • the air (tick tocks) I -hold Spoted chicken dips Swing dismont

<u>FX</u>

- Press headstand- no mat
- Bwd roll with straight arms
- Handstand fwd roll
- Power hurdle, round off rebound
- Back limber, kick over
- Front limber- no mat
- Jump full turn
- Back walkover
- Front walkover
- 3 step hurdle, round off rebound
- Punch front salto

<u>ST</u>

PLEASE REVIEW STRENGTH TRAINING
 SHEET!

<u>TP</u>

Call out Jumps from Trampoline List, testing memory of skill.

BOYS INT MONTH 7-8 EVALUATIONS

Gymnast Name:		Age:
Class Day:	Class Time:	Date:

Flexibility-

- Skin the Cat 1.
- 2. Pancake
- 3. Pike
- **Right Split** 4.
- 5. Left Split
- 6. Middle Split
- 7. Bridge

Strength Training-

- 1. Hollow hold 1 min
- 2. Arch hold 1 min
- 3. Handstand hold on
- Wall sit 1 min 4.
- 5. Rope climb

Trampoline-

- Jump full twist 1.
- 2. Back drop
- 3. Seat drop 1/2 turn
- Backdrop or doggy drop* 4.
- 5. Front Flip
- * Circle the one that they did. NOTES:

		ATE STATIO EACH EVENT	NSFOR ☆ Star= ! ☆☆ Sta ☆☆☆ Sta	ar= Skill Star= Com	hav wi ple	ve the skill th errors ted skill ered skill	
n wall 1 min	$\begin{array}{c} & & & & & & & \\ & & & & & & \\ & & & & $	2. 3. 4.	Swing to inverted hang Inverted sequence Support hold L-hold Pull up	1 ☆☆☆☆ ☆ ☆☆☆☆ ☆ ☆ ☆☆☆☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆	P-bars 1. 2. 3. 4. 5.	Chicken dip 10 pushups Swings above the bar Swing dismoung L- hold	****
x x x	3 2	Bars- 1	Cast 3x	ا جہ جہ جہ جہ	Floor- 1.	Headstand fwr roll	\$

- Cast 3x 1. 2. Glide swing to pike- hold
- 3. Back hip circle
- Pullovers 4.

- Headstand fwr roll
- Jump full turn
- 3. Power hurdle round-off
- 4. Bwd roll with straight arms
- 5. Handstand fall to bridge
- Back bend 6.

2.

Handstand fwr roll 7.

Theme Week Months 7-8

<u>Theme Week</u>

10 minutes- Warm up
15 minutes- #1 Strength Training
25 minutes- #2 Theme Games
5 minutes- #3 Trampoline





St. Patty's Day Themed Gym Games

Obstacle Course

- On two strips will set up an obstacle course to get through to win the pot of gold.
- Athlete will be timed, fastest times will be a piece of gold (candy).
- Challenge intermediate and advanced groups with balancing an object on a spoon while going through the obstacle course.

Over and Under the Rainbow

- Split into two groups.
- Stand in a line on the beams.
- The athlete in the front holds onto the object and passes it over thor head to the next athlete in line. The next athlete passes the object under their legs to the following athlete.
- The game continues until the teams reach the end of the beams. (if there are not enough athletes to fill the beam, have the athlete in front go to the end of the line until they finish the length of the beam)

Jumping through Hoops

- Two groups
- Hula hoops spread out along two strips on the floor.
- The first athlete of each group will have a jump rope and the will have to jump rope while moving down the strip to each hula hoop and back to the beginning.
- All the athletes in each group will go through, the first group to finish, WINS.



Months 9-10

MONTHS 9-10 WILL BE APRIL- MAY

- 1. WEEK #1- ODD WEEK (4/1- 4/6)
- 2. WEEK #2- EVEN WEEK (4/8-4/13)
- 3. WEEK #3- ODD WEEK (4/15- 4/20)
- 4. WEEK #4- EVEN WEEK (4/22- 4/27)
- 5. WEEK #5- ODD WEEK (4/29- 5/4)
- 6. WEEK # 6- EVEN WEEK (5/ 6- 5/11)
- 7. WEEK #7- REVIEW WEEK (5/13- 5/18)
- 8. WEEK #8- EVALUATION WEEK (5/20- 5/25)
- 9. WEEK #9- CLOSED MEMORIAL WEEK (5/27-6/1)

STRENGTH

TRAINING

15 Minute Rotation Months 9-10



- 1. 2x 10 push ups
- 2. 2x 10 v-ups
- 3. 2x 10 arch ups with a 10 sec hold at the end of each. (partner arch ups)
- 4. 45 sec wall sit
- 5. 20 kicks to handstand against the wall
- 6. Rope climb

TRAMPOLINE

15 MINUTE ROTATION MONTHS 9-10

INTERMEDIATE-

Spend 7–10 minutes working skills and connections

- Seat drop
- Straddle jump
- Full twist
- Stomach or doggy drop
- Back drop
- Seat drop half turn

Spend the last 5-7 minutes working on front flips and/or back flips



FOCUS

- 1. Proper technique
- 2. Arm & Leg positions
- 3. Pointed toes
- 4. Shapes of jumps

Rings (SR)

Month 9-10



15 minutes * 4-6 stations

- 1. Swing to inverted pike. If gymnast can already do it work back tuck.
- 2. Support hold on rings in tuck position. If the gymnasts are able to do #2 have them do tuck or L hold, roll back to inverted pike
- 3. Pushups on low rings
- 4. Candlestick lifts
- 5. Candlestick roll ups with hand turn out
- 6. Shoulder flexibility drill with stick
- 7. L-hold

Parallel bars (PB)

Intermediate

- 1. Elevated jumping jacks in push-up position 10x
- 2. Cone stack in a straight arm plank
- Front support, single leg lifts
 5x each leg
- 4. L/straddle hold 5 sec
- 5. Tuck hold 10 sec
- 6. Support rocks
- 3-5x upper arm straddle to 3 support swings dismount to the side

Months 9-10 4-7 Stations



Floor (FX) Months 9-10 15 minutes * 4-6 stations



Intermediate (FX)

- 1. Jump backward up to panel mat.
- 2. Back handspring over octogone
- 3. Bwd roll with straight arms
- 4. Handstand fwd roll
- 5. Cartwheel step in "7"
- 6. Power hurdle, round off rebound
- 7. Back limber, kick over
- 8. Jump full turn

High Bar (HB) Months 9-10 Stations



15 minutes * 4-6

INTERMEDIATE (UB)

- 1. 3x casts 45 degrees a. On bar
 - Panel mat & floor bar, push up position, feet jump on and off panel mat like "jumping jacks"
- 2. Candlestick
 - a. Bar, knees to bar pushing hips to bar
 - b. Floor, hold side post of bars on back, holding candlestick position
- 3. Chin holds a. Holds on bar
- 4. Pullovers a. Spot first station
 - b. Walking up cheese mat on second station

Theme Week Months 9-10



<u>Theme Week</u>

10 minutes- Warm up
15 minutes- #1 Strength Training
25 minutes- #2 Theme Games
5 minutes- #3 Trampoline





Flowers Theme Week

Iceberg Game

- Set up mats spread apart far enough for kids to jump to. You will set 15 seconds on a timer and when it goes off each kid has to be on a mat. Each round gets shorter time limit to get to another mat.
- Fall to the floor = OUT
- Not on a mat when time is up= OUT
- Race to Candy Mountain
 - On two strips of the floor you will have, two large piles of foam stacked. Start with four blocks on bottom, then stack up a row of three blocks, two and then one for the top of the mountain.
 - Creating two teams to race down the strips, collecting a block. Running back to the beginning where the start to form the beginning of a new "mountain".
 - Continue the race until the team with the new "mountain" is complete. WINNERS!

Obstacle Course

- On two strips will set up an obstacle course to get through to win the pot of gold.
- Athlete will be timed, fastest times will be a piece of gold (candy).
- Challenge intermediate and advanced groups with balancing an object on a spoon while going through the obstacle course.

Review Sheet Months 9-10

INTERMEDIATE R:

HB:

PB:

FX: Jum

1. 2. 3. 4. 5. 6. 7.	Support hold #2 have then Pushups on Candlestick Candlestick		
1.	3x casts 45 o a. b.	On bar Panel mat & floor bar, push up position, feet jump on	
2.	Candlestick a. b.	and off panel mat like "jumping jack" Bar, knees to bar pushing hips to bar Floor, hold side post of bars on back, holding candlestick	
3.	Chin holds	position	
4.	a. Pullovers	Holds on bar	
	a. b.	Spot first station Walking up cheese mat on second station	
1. 2. 3. 4. 5.	Cone stack i		
5. 6.	Suport rocks		
7.	3-5x upper a	rm straddle to 3 support swings dismount to the side	
p backv	vard up to par		
1.	•	pring over octogone	
2. 3.	Handstand f	straight arms	
3. 4.	Cartwheel st		
5.		e, round off rebound	
6.	Back limber,		
7.	Straddle Jun	nps, off panel mat	



Intermediate routines for showcase

Rings:

- Pull up
- Tuck/L-hold
- Swing to inverted hang
- Inverted pike
- Skin the cat pull through
- 3 swings
- Back flip

P-bars:

- Jump up or lifted up to upper arm
- 3 swings to straddle up
- Straddle or L-hold
- 3 swings dismont to the side

Floor:

- Handstand forward roll
- Cartwheel step in
- Straight arm backward roll
- Jump up to straddle
- Press headstand to forward roll
- Jump full twist
- Round off

Bars:

- Glide Swing
- Pullover
- 3 cast
- Back hip circle
- Cast dismount to stick

Trampoline:

- Tuck jump
- Straddle jump
- Pike jump
- Seat drop half turn
- Front flip into the pit



Months 11- 12

Months 11-12 will be June- July

- 1. Week #1- Odd Week (6/3- 6/8)
- 2. Week #2- even Week (6/10- 6/15)
- 3. Week #3- Odd Week (6/17- 6/22)
- 4. Week #4- Even week (6/24- 6/29)
- 5. Week #5- odd week (7/1-7/6)
- 6. Week # 6- Review Showcase Week #1 (7/ 8- 7/13)
- 7. Week #7- Review Showcase Week #2 (7/15-7/20)
- 8. Week #8- Showcase Week #2 (7/22- 7/27)
- 9. Week #9- Evaluation Week (7/29- 8/3)

ROUTINE WEEK FOR SHOWCASE! (6/12-6/17)

Shoot for the Stars Showcase

June 23rd & 24th

PLEASE CHECK SHOWCASE BINDERIII

JUNE 23RD & 24TH **PRIDE GYMNASTICS** ACADEMY PRESENTS. SHOOT FOR THE **STARS SHOWCASE!**

REHEARSAL STYLE (6/19-6/22)





STRENGTH

TRAINING

15 Minute Rotation Months 11-12



Intermediate

Do two laps of the core conditioning 25 secondes each exercise (try not to stop between exercises):

- 1. hollow hold
- 2. hollow rocks
- 3. v-ups
- 4. Russian get ups Other exercises:
- 1. Mats slides (if mats are available)
- 2. Rope climb
- 3. 30 sec handstand holds against the wall

TRAMPOLINE



15 MINUTE ROTATION MONTHS 11-12

INTERMEDIATE-

Spend 7-10 minutes working skills and connections

- Seat drop
- Straddle jump Full twist
- Stomach or doggy drop
- Back drop
- Seat drop half turn

Spend the last 5-7 minutes working on front flips and/or back flips

FOCUS

- 1. Proper technique
- 2. Arm & Leg positions
- 3. Pointed toes
- Shapes of jumps 4.

Rings (SR) Month 11-12



15 minutes * 4-6 stations

- 1. Swing to inverted pike. If gymnast can already do it work back tuck.
- 2. Skin the cat pull through to pike
- 3. Tuck or L hold on low rings
- Push ups on the PP device 4.
- 5. Candlestick roll ups with hand turn out
- 6. Arch rocks
- 7. Heal Drives

Parallel bars (PB) Months 11-12 4-7 Stations



- 1. Push-ups 10x
- 2. Cone stack in a straight arm plank
- 3. Front support, single leg lifts 5x each leg
- 4. L/straddle hold 5 sec
- 5. Dips on perelets 10x
- 6. Chicken flaps
- 7. 3-5x upper arm straddle to 3 support swings dismount to the side

High Bar (HB) Months 11-12 Stations



15 minutes * 4- 6

INTERMEDIATE (HB)

- 1. Sole Hang
- 2. "L" Hold
- 3. Front Support
- 4. 3x Casts
- 5. Pullovers
- 6. Glide Swings
- 7. Candlesticks
- 8. Chin Holds
- 9. Back Hip Circles
- 10. Hollow Holds

Months 9-10 15 minutes * 4-6 stations



Intermediate (FX)

- 1. Fwd/ Bwd Roll
- 2. "T" hold to Lever
- 3. HS to Lunge
- 4. Cartwheel to "7"
- 5. Round off
- 6. HS 1/2 Turn
- 7. HS Fwd roll
- 8. Jump full turn
- 9. HS Fwd Limber
- 10. Press Headstand
- 11. Back Bend

Evaluation Weeks

First 1/2 Evaluation Week

- Warm ups- 10 minutes
- Rotation #1- 15 minutes
- Rotation #2- 15 minutes
- Rotation #3- 15 minutes

Beginner-

- Vault
- Beam
- Strength Training

Intermediate-

- Floor
- Bars
- Trampoline

Second 1/2 Evaluation Week

- Warm ups- 10 minutes
- Rotation #1- 15 minutes
- Rotation #2- 15 minutes
- Rotation #3- 15 minutes

Beginner-

- Floor
- Bars
- Trampoline

Intermediate-

- Vault
- Beam
- Strength Training

Strength Training-

<u>Beginners</u>

Do two laps of the core conditioning 15 secondes each exercise (try not to stop between exercises):

- hollow hold
- hollow rocks
- v-ups
- Russian get ups
- Other exercises:
- Mats slides (if mats are available)
- Rope climb
- 15 sec handstand holds against the wall
- ٠

Intermediate

Do two laps of the core conditioning 25 secondes each exercise (try not to stop between exercises):

- hollow hold
- hollow rocks
- v-ups
- Russian get ups
- Other exercises:
- Mats slides (if mats are available)
- Rope climb
- 30 sec handstand holds against the wall

BOYS. EVALUATIONS MONTHS 7-12

		Gymnast Name:		Age:	
Flexibility	Star Value	Class Day:	Class Time:	Date:	
Skin the Cat	1. 2. 3. 4.	Bars		Star Value	
Toe Point	1. 2. 3. 4.	Sole Hang		1. 2. 3. 4.	
Pike	1. 2. 3. 4.	"L" Hold		1. 2. 3. 4.	
Right Split	1. 2. 3. 4.	Front Support		1. 2. 3. 4.	
Left Split	1. 2. 3. 4.	3x Casts		1. 2. 3. 4.	
Middle Split	1. 2. 3. 4.	Pullovers		1. 2. 3. 4.	
Bridge	1. 2. 3. 4.	Glide Swings		1. 2. 3. 4.	
		Candlesticks		1. 2. 3. 4.	
P. Bars	Star Value	Chin Holds		1. 2. 3. 4.	
Pike Handstand Drill	1. 2. 3. 4.	Back Hip Circles		1. 2. 3. 4.	
Front Support	1. 2. 3. 4.	Hallow Holds		1. 2. 3. 4.	
Chicken Dips	1. 2. 3. 4.				
Support Hold	1. 2. 3. 4.	Floor		Star Value	
Half Swing Drill	1. 2. 3. 4.	Fwd/ Bwd Roll		1. 2. 3. 4.	
Straddle Hold	1. 2. 3. 4.	"T" hold to Lever		1. 2. 3. 4.	
Handstand Hold	1. 2. 3. 4.	HS to Lunge		1. 2. 3. 4.	Original
Straddle Travel	1. 2. 3. 4.	Cartwheel to "7"		1. 2. 3. 4.	-Copies will
		Chasse' to Tuck Jump		1. 2. 3. 4.	
		Split Jump		1. 2. 3. 4.	be found on
		Round off		1. 2. 3. 4.	
		HS 1/2 Turn		1. 2. 3. 4.	Google
Rings	Star Value	HS Fwd roll		1. 2. 3. 4.	— Sheets.
Swings	1. 2. 3. 4.	1/2 Turns		1. 2. 3. 4.	5110005
Pull up Hold	1. 2. 3. 4.	HS Fwd Limber		1. 2. 3. 4.	
Push up Hold	1. 2. 3. 4.	Press Headstand		1. 2. 3. 4.	
Tuck Hold	1. 2. 3. 4.	Back Bend		1. 2. 3. 4.	
Heal Drives	1. 2. 3. 4.				
Straight Body Hold	1. 2. 3. 4.	Trampoline		Star Value	
Support Hold	1. 2. 3. 4.	Straddle Jump		1. 2. 3. 4.	
Candlestick	1. 2. 3. 4.	Pike Jump		1. 2. 3. 4.	
Swing to Inverted Pike	1. 2. 3. 4.	Seat Drop 1/2 Turn		1. 2. 3. 4.	
Inverted Pike	1. 2. 3. 4.	Doggy Drop		1. 2. 3. 4.	
Skin the Cat	1. 2. 3. 4.	Back Drop		1. 2. 3. 4.	
		Hallow to Stomach		1. 2. 3. 4.	
		Front Flip		1. 2. 3. 4.	
Notes:		Split Jumps		1. 2. 3. 4.	

Star Value 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4.	Class Day: High Bar Sole Hang "L" Hold Front Support 3x Casts Pullovers Gilde Swinas	Class Time:	Date: Star Value 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4.
1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4.	Sole Hang "L" Hold Front Support 3x Casts Pullovers		1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4.
1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4.	"L" Hold Front Support 3x Casts Pullovers		1. 2. 3. 4. 1. 2. 3. 4.
1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4.	Front Support 3x Casts Pullovers		1. 2. 3. 4.
1. 2. 3. 4. 1. 2. 3. 4.	3x Casts Pullovers		
1. 2. 3. 4.	3x Casts Pullovers		1234
			·· · · · ·
1. 2. 3. 4.	Glide Swings		1. 2. 3. 4.
			1. 2. 3. 4.
	Candlesticks		1. 2. 3. 4.
Star Value	Chin Holds		1. 2. 3. 4.
1. 2. 3. 4.			1. 2. 3. 4.
	- 14		1. 2. 3. 4.
	Floor		Star Value
1. 2. 3. 4.			1, 2, 3, 4,
			1. 2. 3. 4.
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1. 2. 3. 4.			1. 2. 3. 4.
			1. 2. 3. 4.
Star Value			1. 2. 3. 4.
			1. 2. 3. 4.
			1. 2. 3. 4.
			1. 2. 3. 4.
	Back Bend		1. 2. 3. 4.
	- Jon Dong		
	Trampoline		Star Value
			1. 2. 3. 4.
			1. 2. 3. 4.
			1. 2. 3. 4.
			1. 2. 3. 4.
			1. 2. 3. 4.
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1. 2. 5. 4.			1. 2. 3. 4.
			1. 2. 3. 4.
			1. 2. 3. 4.
	1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4. 1. 2. 3. 4.	1. 2. 3. 4. Hallow Holds 1. 2. 3. 4. Floor 1. 2. 3. 4. Fwd/ Bwd Roll 1. 2. 3. 4. HS to Lunge 1. 2. 3. 4. Cartwheel to '7" 1. 2. 3. 4. Cartwheel to '7" 1. 2. 3. 4. Split Jump 1. 2. 3. 4. Nound off Bar Value HS Fwd roll HS Fwd roll 1. 2. 3. 4. HY Fwd Limber 1. 2. 3. 4. Press Headstand 1. 2. 3. 4. Back Bend 1. 2. 3. 4. Straddle Jump 1. 2. 3. 4. Straddle Jump 1. 2. 3. 4. Straddle Jump 1. 2. 3. 4. Seat Drop 1/2 Tum 1. 2. 3. 4. Doggy Drop 1. 2. 3. 4. Back Drop	1. 2. 3. 4. Hallow Holds 1. 2. 3. 4. Floor 1. 2. 3. 4. Floor 1. 2. 3. 4. Fwd Bwd Roll 1. 2. 3. 4. Thold to Lever 1. 2. 3. 4. Thold to Lever 1. 2. 3. 4. Gardwheel to "7" 1. 2. 3. 4. Cardwheel to "7" 1. 2. 3. 4. Chasse' to Tuck Jump 1. 2. 3. 4. Split Jump 1. 2. 3. 4. HS Fvd roll 1. 2. 3. 4. HS Fvd roll 1. 2. 3. 4. HS Fvd roll 1. 2. 3. 4. Press Headstand 1. 2. 3. 4. Back Bend 1. 2. 3. 4. Tampoline 1. 2. 3. 4. Stradel Jump 1. 2. 3. 4. Stradel Jump 1. 2. 3. 4. Stradel Jump 1. 2. 3. 4. Back Drop 1. 2. 3. 4. Hallow to St

EVALUATIONS MONTHS 1-0