

Showcase routines 2025

Beam:

LOW BEAM:

Station 1- straight jump+ tuck jump

Station 2- dive roll down cheese mat

MIDDLE BEAM:

Station 3- straight jump ½ turn off beam

HIGH BEAM:

Station 4- releve walks on tip toes fwd and bkwd and sideways

LAZER BEAM:

Station 5- cartwheels

Bars:

Station 1- chin holds 10 sec.

Station 2- sole hang

Station 3- 3x glides

Station 4- candlestick on floor 10 sec.

Station 5- *Spotting station* - pullover + cast + cast + cast away to stick.

Girls Beginner

Vault:

Station 1- Arm circle jumps off panel mat onto springboard jump up to block (hands up by ears)

Station 2- 8" mat running Dive Roll (punch off 2 feet)

Station 3- Handstand flatbacks onto mat

Station 4- Jump full turns to stick landing

Station 5- tuck jump off stacked panel mats

Floor:

Station 1- Handstand to lunge

Station 2- cartwheel over 2" mat to lunge (on floor if not able)

Station 3- Chasse to tuck jump

Station 4- backward roll (down baby cheese if not able on floor)

Station 5- split jump off panel mat

Trampoline:

Straight jump

Tuck jump

Straddle jump

Seat drop

Doggy drop

Showcase Routines 2025

Vault:

Station 1- Dive roll off springboard on to 2 8" mat

Station 2- Arm circles off panel mats/block onto springboard jump up to block

Station 3- Front limber (off panel mat or on floor)

Station 4- Side handstand to belly

Station 5- tuck jumps over panel mats

Bars:

Station 1- 3x glide

Station 2- candlestick on floor 30 sec.

Station 3- Pullover + 3x cast+Back hip circles with spot (if they can)

Station 4- Chin holds 10 sec

Station 5- Squat on -lower bar to right above floor level

Trampoline:

Seat drop

Tuck jump + Straddle jump + split jump

Jump Full twist

doggy drop to stomach drop

Back drop

Girls Intermediate

Beam:

HIGH BEAM:

Station 1- Mount- jump off panel mat to front support, swing leg over beam to straddle, bring feet behind and stand up. releve walk fwd+pivot turn+passe walks down beam

MIDDLE BEAM:

Station 2- mount -tuck up to beam feet in between hands leaving hands on beam then stand and finish.

Station 3- round off end of beam to finish

LOW BEAM:

Station 4- cartwheel to lunge

Station 5- Tuck jump/split jump combo

Floor:

Station 1- Headstand- straddle up and back down

Station 2- Straight arm backward roll down cheese mat to push up position

Station 3- Power hurdle, round off over panel mat rebound (hands on mat, land on floor)

Station 4: Chasse to jump full turn

Station 5: handstand forward roll to standing

Showcase Routines 2025

Girls Advanced

Vault:

- Option 1- Round off over velcro vault
- Option 2- Front handspring velcro vault

Bars:

- Option 1- glide swing +pullover with spot+ cast+ BHC+ undershoot to stick or cast away to stick
- Option 2- Glide swing + pullover + cast + BHC + toe on- straddle dismount

Beam:

(start on end with dismount mat)

- mount off panel mat to front support, swing leg to straddle + arms down + arms up+ step + posse + arms out (airplane) + releve forward ½ way down beam
- + pivot turn+ releve backward ½ + split leap + tuck jump + step+ ½ turn turn + straight jump split jump + cartwheel + (or handstand/donkey kick) + posse
- + Roundoff

Floor:

- Posse+step to front limber to standing + split jump to straight jump full turn+cross right leg pose (turn to corner) + step+ step + full turn +finish+ backwalk over + to right lunge on floor + slide to split +swing legs to close+backward roll to knees +step to stand up +step ½ turn (facing corner)+ round off rebound (or round off backhandspring /Back tuck to stick) +(right leg) chasse + chasse+ step+ split leap to corner +finish + point right toe to corner, hands in L+ turn to face opposite corner+ running punch front tuck or dive roll to stick+pose

Tumble trak:

- Front tuck
- Front handspring
- Standing BHS
- Round off BHS
- Round off back tuck