

# Girl's Intermediate Months 1-2 Evaluations

Name: \_\_\_\_\_

Coach: \_\_\_\_\_

Day: \_\_\_\_\_

Time: \_\_\_\_\_

Date: \_\_\_\_\_

### Flexibility

- 1. Skin the cat
- 2. Pike
- 3. Right split
- 4. Left split
- 5. Middle split

### Vault

- 1. Flat body hold
- 2. Handstand flat back
- 3. Arm circle straight jump
- 4. Running technique
- 5. Dive roll

### Floor

- 1. Bridge
- 2. Bridge kick over
- 3. Straight arm backward roll
- 4. Handstand
- 5. Handstand forward roll
- 6. Round off

### Strength

- 1. Jumping Jacks - 45 sec
- 2. Squat jumps - 45 sec
- 3. Push ups - 15
- 4. Hollow hold - 45 sec
- 5. Rope

### Bars

- 1. Candle rock to stand
- 2. 3 Glide swings
- 3. Chin up hold
- 4. Chin up pull over
- 5. 3 casts

<b>GRADING KEY</b>				
<b>Does not know skill</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Skills with errors</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Completed skill</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>Mastered skill</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

### Trampoline

- 1. Straddle jump
- 2. Pike jump
- 3. Split jump
- 4. Jump full turn
- 5. Seat drop
- 6. Knee drop
- 7. Knee drop to handstand

### Beam

- 1. Split jump
- 2. Scale
- 3. Needle
- 4. Mount
- 5. Releve' walks
- 6. Passe' walks

<b>AVERAGE SCORES</b>				
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

<b>MOVE UP?</b>	
YES	NO

Notes: