

GIRLS INT. EVALUATIONS MONTHS						
			Gymnast Name: _____		Age: _____	
			Class Day: _____		Class Time: _____	
					Date: _____	
<b>Flexibility</b>		<b>Star Value</b>	<b>Bars</b>		<b>Star Value</b>	
Skin the Cat		1. 2. 3. 4.	Sole Hang		1. 2. 3. 4.	
Toe Point		1. 2. 3. 4.	"L" Hold		1. 2. 3. 4.	
Pike		1. 2. 3. 4.	Front Support		1. 2. 3. 4.	
Right Split		1. 2. 3. 4.	3x Casts		1. 2. 3. 4.	
Left Split		1. 2. 3. 4.	Pullovers		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.	
<b>Vault</b>		<b>Star Value</b>	Back Hip Circles		1. 2. 3. 4.	
"C" position		1. 2. 3. 4.	Hallow Holds		1. 2. 3. 4.	
Arm circles/ Hurdles		1. 2. 3. 4.				
HS FB- Standing		1. 2. 3. 4.	<b>Floor</b>		<b>Star Value</b>	
Jump Hurdles		1. 2. 3. 4.	Fwd/ Bwd Roll		1. 2. 3. 4.	
Straight Jump to stick		1. 2. 3. 4.	"T" hold to Lever		1. 2. 3. 4.	
Dive Rolls		1. 2. 3. 4.	HS to Lunge		1. 2. 3. 4.	
Running Technique		1. 2. 3. 4.	Cartwheel to "7"		1. 2. 3. 4.	
HS 1/2 Turn to Stomach		1. 2. 3. 4.	Chasse' to Tuck Jump		1. 2. 3. 4.	
Front Limbers		1. 2. 3. 4.	Split Jump		1. 2. 3. 4.	
Long Jumps		1. 2. 3. 4.	Round off		1. 2. 3. 4.	
HS FB- Whale		1. 2. 3. 4.	HS 1/2 Turn		1. 2. 3. 4.	
			HS Fwd roll		1. 2. 3. 4.	
<b>Beam</b>		<b>Star Value</b>	1/2 Turns		1. 2. 3. 4.	
Scale Hold		1. 2. 3. 4.	HS Fwd Limber		1. 2. 3. 4.	
Passe' Hold		1. 2. 3. 4.	Press Headstand		1. 2. 3. 4.	
Split Jumps		1. 2. 3. 4.	Back Bend		1. 2. 3. 4.	
Mount- Jump to Tuck Position		1. 2. 3. 4.				
Straight & Tuck Jump		1. 2. 3. 4.	<b>Trampoline</b>		<b>Star Value</b>	
Cartwheel		1. 2. 3. 4.	Straddle Jump		1. 2. 3. 4.	
Dismount- Round off (LOW)		1. 2. 3. 4.	Pike Jump		1. 2. 3. 4.	
Side Handstand		1. 2. 3. 4.	Seat Drop 1/2 Turn		1. 2. 3. 4.	
Pivot Turns		1. 2. 3. 4.	Doggy Drop		1. 2. 3. 4.	
Handstand		1. 2. 3. 4.	Back Drop		1. 2. 3. 4.	
Levers		1. 2. 3. 4.	Hallow to Stomach		1. 2. 3. 4.	
Fwd/ Bwd Releve' walks (HIGH)		1. 2. 3. 4.	Front Flip		1. 2. 3. 4.	
			Split Jumps		1. 2. 3. 4.	
<b>Notes:</b>			Combo- Basic Jumps		1. 2. 3. 4.	