

GIRLS BEG. EVALUATIONS		Gymnast Name: _____		Age: _____	
		Coach Name: _____			
		Class Day: _____		Class Time: _____	
				Date: _____	
Flexibility		Star Value			
Skin the Cat		1. 2. 3. 4.			
Toe Point		1. 2. 3. 4.			
Pike		1. 2. 3. 4.			
Right Split		1. 2. 3. 4.			
Left Split		1. 2. 3. 4.			
Middle Split		1. 2. 3. 4.			
Bridge		1. 2. 3. 4.			
Vault		Star Value			
"C" position		1. 2. 3. 4.			
Arm circles		1. 2. 3. 4.			
Handstand Flatback		1. 2. 3. 4.			
Jump Hurdles		1. 2. 3. 4.			
Straight Jump to stick		1. 2. 3. 4.			
Hurdle		1. 2. 3. 4.			
Running Technique		1. 2. 3. 4.			
Jump on block		1. 2. 3. 4.			
Jump off block		1. 2. 3. 4.			
Long Jumps		1. 2. 3. 4.			
Jump backwards off panel		1. 2. 3. 4.			
Beam		Star Value			
Scale Hold		1. 2. 3. 4.			
Passe' Hold		1. 2. 3. 4.			
Split Jumps		1. 2. 3. 4.			
Straight Jump		1. 2. 3. 4.			
Tuck Jump		1. 2. 3. 4.			
Mount		1. 2. 3. 4.			
Bear Walks		1. 2. 3. 4.			
Bunny Hops		1. 2. 3. 4.			
Releve' walks (fwd & bwd)		1. 2. 3. 4.			
Skiping		1. 2. 3. 4.			
Fwd Roll (lazer beam)		1. 2. 3. 4.			
Straight jump to stick		1. 2. 3. 4.			
Ready to move up?					
YES	☐				
NO	☐				
Bars		Star Value			
Sole Hang		1. 2. 3. 4.			
Hallow Holds		1. 2. 3. 4.			
Front Support		1. 2. 3. 4.			
Cast		1. 2. 3. 4.			
Cast away		1. 2. 3. 4.			
Glide Swings		1. 2. 3. 4.			
Candlesticks		1. 2. 3. 4.			
Chin Holds		1. 2. 3. 4.			
Leg Lifts		1. 2. 3. 4.			
Floor		Star Value			
Log rolls		1. 2. 3. 4.			
Fwd roll		1. 2. 3. 4.			
Candlestick		1. 2. 3. 4.			
Dive roll		1. 2. 3. 4.			
Falls (fwd & bwd)		1. 2. 3. 4.			
Donkey kick		1. 2. 3. 4.			
Handstand		1. 2. 3. 4.			
Cartwheel		1. 2. 3. 4.			
Lunge		1. 2. 3. 4.			
Chasse'		1. 2. 3. 4.			
Split jump		1. 2. 3. 4.			
Bwd roll		1. 2. 3. 4.			
"T" hold to Lever		1. 2. 3. 4.			
Trampoline		Star Value			
Straight Jump		1. 2. 3. 4.			
Tuck Jump		1. 2. 3. 4.			
Split Jump		1. 2. 3. 4.			
Straddle Jump		1. 2. 3. 4.			
Pike Jump		1. 2. 3. 4.			
Knee Drop		1. 2. 3. 4.			
Seat Drop		1. 2. 3. 4.			
Doggy Drop		1. 2. 3. 4.			
Back Drop		1. 2. 3. 4.			
NOTES:					