

Skills Check List for _____

(Gymnast's Name)

Place a checkmark by each skill your gymnast can successfully complete by herself.

If you are not sure what skills your daughter can successfully complete by herself then ask her coach to help you complete this form.

Vault

- _____ handstand flat back
- _____ front handspring over mat stack
- _____ front handspring
- _____ half-on over table
- _____ Tsuk/Yurchenko/or other flipping vault

Bars

- _____ pullover
- _____ back hip circle
- _____ front hip circle
- _____ squat-on
- _____ kip
- _____ clear hip
- _____ flyaway
- _____ giant

Beam

- _____ handstand
- _____ cartwheel
- _____ back walkover
- _____ back handspring
- _____ back tuck dismount

Floor

- _____ back walkover
- _____ back handspring
- _____ front handspring
- _____ back tuck
- _____ front tuck
- _____ back full

When you have completed this form, scan it and email it back to Champions at this email address cgcteamevents@yahoo.com (This email is for returning completed forms only.)

If you have questions about Team Camp or about registration call the gym office at 870-236-3286 or send an email to championsgymnasticscenter@yahoo.com.