

Name: #Type!

DOB:

Side:

Level:

Preteam/Lvl 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
23 of 27 by Aug 16	13 of 21 by Aug 16	14 of 23 by Aug 16	10 of 16 by Aug 16	10 of 16 by Aug 16	9 of 14 by Aug 16	9 of 14 by Aug 16
Vault (2)	Vault (1)	Vault (2)	Vault (1)	Vault (1)	Vault (1)	Vault (1)
Board drill w/ circle	FHS w/ 55' Run Under 4 Sec.	- Roundoff BHS off springboard onto 8" mat - FHS over long mat	- RO BHS onto 32" mats with 48' run - FHS w/ straight body + block	- RO BHS onto padded table - Tsuk into pit	- Tsuk into pit w/ mat - Yurchenko with salto into pit	- Tsuk tuck or pike - Tsuk, full into pit w/ mat - Yuchenko layout into pit
Mat handspring w/ 55ft. run under 4.0 sec.	Bars (6)	FHS to Block off table to HS onto mat	Bars (6)	Bars (6)	Bars (4)	Bars (5)
Bars (8)	Kip low bar		Bars (6)	LB Kip Straddle cast HS	2 Giants	- Pak Salto - Shoot Over
Back Hip Circle	Cast above horizontal	Bars (8)	LB Kip + Straddle cast 70°	LB Clearhip, 60°	Kip + Straddle cast + Pirouette, 1/2	- 1/2 Pirouette, HB - Giant 1/2, HB
Front hip circle	Squat on + Jump to HB	LB kip + Cast 45°	LB Clearhip, 50°	HB Kip Straddle cast HS	Shoot over to stacked mat	- Double Back - Toe Front Dismount
Front mill circle	Kip high bar	Clearhip, 45°	HB Kip + Straddle cast 70°	- HB Clearhip 60° - Giant on pit bar	- HS Double back - HS full	Sit up (low to high)
Glide swing + Pullover	2 Tap swing at horizontal	Horizontal pushaway kip	HB Clearhip, 50°	Layout flyaway from cast 45°	Beam (5)	2 °C° 3/6/7 connection
Horizontal cast	Half Turn Dismount at bar at bar height	LB Kip + Squat-on	Layout flyaway	Flyaway 1/1 in pit	- BWO + BHS - BHS + BHS	Beam (4)
Leg cut	Beam (7)	HB Kip + Cast 30°	Strap bar giants	Beam (5)	RO Layout	- BHS + BHS - BHS + Layout stepout - 1-arm BHS + BHS
Single leg shoot thru	Cartwheel	Cast 30° + Baby giant + Underswing	Beam (5)	BWO + BWO	Switch leap 180° + B jump	- Front aerial on low beam - Side aerial on low beam
Underswing, hips bar ht.	Rond de jambe 45° + Arabesque 45° + Scale horizontal	2 Tap swings Above Hor. Flyaway	- BHS - Roundoff	BHS and Cartwheel + Roundoff	C Jump	- D jump - Switch leap + C jump
Beam (8)	Split leap 150° + Releve lock	Beam (6)	Split Leap 180°	Split jump 180° + A jump	Front Walkover	- RO + Full - Layout gainer side from connection - Piked gainer on end
Handstand to Vertical, No hold necessary	Vertical Handstand, 2 sec	- Back walkover 180° - BHS stepout	Split Jump 180°	B Jump	Floor (4)	
Leg swing mount	Split jump 150° + Straight jump	Split leap 180° + Straight jump	Cartwheel + Back Tuck	Roundoff + Back Tuck	FHS + Front Layout	
Passe heal snap turn	Side HS dismount., 2 sec	HS 3 sec + Step Step	Floor (4)	Floor (4)	Back 1/1	
Pivot + Step + Pivot	Side HS dismount., 2 sec	Split jump 180° + Sissone front above 45° back above horizontal	- FHS Front Tuck - RO BHS Layout	- FHS + Front tuck - FHS + Front pike	FHS + Front layout + Front tuck	
Rond de jambe + Arab 45°	Floor (7)	Passé 1/1 turn	Leap 180°	Back Layout	- C jump with 1/1 twist - Tour jete 1/2 - Tour jete ring	Floor (4)
Side HS dismount, 1 sec	Straddle jump 150° + Jump 1/2	Side HS Dismount, 3 sec	Front pike	Switch Leap 180°		- Back 3/2 - Back 3/2 + Front tuck
Split leap 120°	FHS w/ rebound	Floor (7)	3/2 Turn	- FHS + front layout in pit - Back 1/1 into pit		- FHS + Front layout + Front pike - FHS + Front layout + Front Layout
Straight jump + Straight jump	Back extension w/ straight arms	Straddle jump 180° + Jump 1/1 turn				FHS + Front 1/1 + Rebound
Floor (9)	Sissone + Forward chasse + Split leap 150° + Leg swing hop	FHS stepout + FHS				D Dance
Back roll w/ straight arms to pushup	Passé 1/1 turn	Front tuck				
Chasse + Leap 120° + Step + Horizontal leg swing in releve	Back walkover, 180°	Back Extension w/ straight arms to kneel pose				
Full split + Turn to prone	Roundoff + BHS + BHS + Rebound	Sissone + Chasse forward + Leap 180° + Leg swing hop horizontal				
HS 1 sec to bridge + Kick over w/ 150° split		RO + BHS + Back Tuck				
HS Roll w/ st arms, 2 sec		StandingTuck				
Passé 1/2 turn						
RO + BHS + Rebound						
Split. jump 120° + Straight jump						
Standing BHS						

* = Skill can be reversed. No "*" means it must be done on the good leg.
 Date = Can do the skill 3 of 4 times with minimal deductions for form, technique, and amplitude
 Mobility Score to train next level of team: two 35.00AA in the same season