

Silver Stars

Skills

VAULT

1. Running techniques
2. Grapevine
3. Stretch jump onto vault
4. Front handspring with traps or block on TT
5. Handstand flatback with spot
6. Spotted front handspring
7. Handstand pops down vault runway
8. Spotted half on vault/block
9. Round off onto spring board

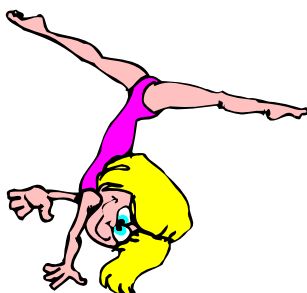


TRAMPOLINE

1. Front Tuck
2. Front Handspring
3. Power Hurdle Round Of Back Handspring
4. Brani
5. Series of back handsprings
6. Front handspring dive roll

BAR\$

1. Tap Swings on High Bar
2. High Cast 70 Degree Angle
3. Jump to High Bar
4. Long Hang Pull Over
5. Free hip circle
6. Back hip circle Under swing
7. Cast squat on jump to high bar
8. Single Leg Shoot Through
9. Mill Circle
10. Kip w/ spot
11. Sole Circle dismount from Cast
12. Sole circle 1/2 turn dismount
13. 3 tap swings flyaway

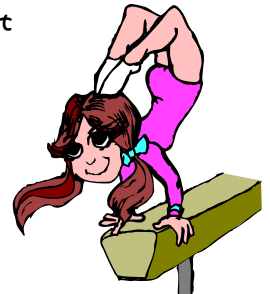


LOW BEAM

1. Back walkover w/ spot
2. Round off

HIGH BEAM

1. Chasse F/S/B
2. Single leg hops
3. Straight, Split, Tuck Jump connect
4. Side handstand straddle down
5. Side Handstand 1/4 turn Dismount
6. Jump full turn dismount
7. Round off dismount
8. Straight jump mount
9. Side squat on mount
10. Cartwheel
11. Back shoulder roll
12. Splits on beam
13. Full turn on toe



FLOOR

1. Body Positions
2. Splits
3. Back extension roll to handstand
4. Front walkover
5. Back walkover
6. Standing back handspring
7. Round off back handspring
8. Front handspring step out
9. Front handspring 2 feet
10. Shushanova
11. Side ariel
12. Press handstand
13. Valdez
14. Handstand pirouette
15. Butt buster
16. Front tuck on 8" mat