

Red stars

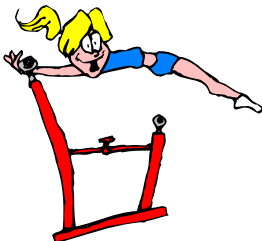
Skills

VAULT

1. Running Techniques
 - a. High Knees
 - b. Booty Kicks
2. Arm circle on floor (S)
3. Arm circle straight jump on spring board (R)
4. Dismount finish off vault
5. Squat-On on Vault (Spring Board)
6. Donkey kicks to a 90 degree angle on block
7. Tuck jump dismount
8. Power hurdle / long jump

BARS

1. Hollow/ Arch hangs (wiggles)
2. Glide swing
3. Straddle Basket/Pike Basket
4. Forward Roll
5. Jump to Support- Spring or Block
6. Support shimmies
7. Cast (hips off bar)
8. Pullover w/ light spot
9. L hold-low bar 10 sec.

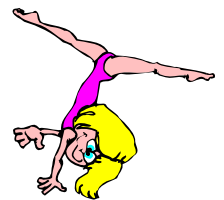


Beam

1. Walks F/B
2. Relève holds 15 sec.
3. Pivot Turns
4. Arabesque Walks
5. Arabesque Holds
6. V-Sit
7. Step Kicks
8. Stretch Jump/Dismount
9. Tuck Jump/Dismount

FLOOR

1. Body Positions
 - a. Tuck, Pike, Straddle & Lunge
 - b. Hollow, Arch & Bridge
2. Fall Drill
3. Splits (Proper technique)
4. Candle Stick
5. Forward Roll
6. Backward Roll
7. Cartwheel (Proper Technique)
8. Handstand
9. Bridge Back (up wedge-spotted)
10. 10 Push Ups
11. Split jumps R/L
12. Half turn on toe



TRAMPOLINE

1. Backward Jump
2. Seat Drops
3. Body Position Jumps
4. Split jumps R/L
5. Jump ½ turn
6. Jump back drill (onto blue crash mat)