

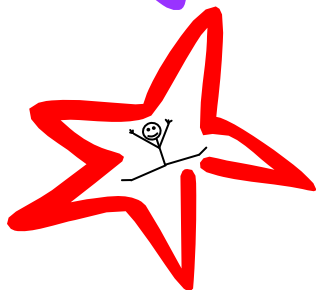
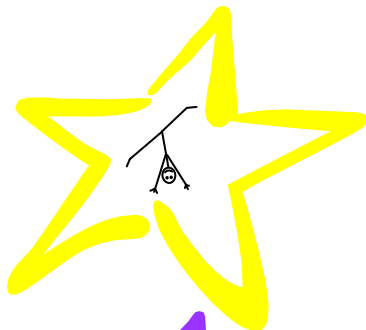
BARS

HANG FOR 3-5 SECONDS	1
PUMP SWINGS	2
PIKED TOE HANG	3
HANG IN BASKET 3 SECONDS	4

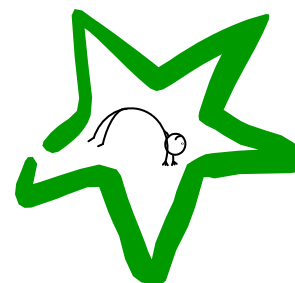


TRAMPOLINE

JUMPS WITH CONTROL	1
1-2-3 FREEZE	2
STRADDLE APART-TOGETHER	3
SEAT DROP	4



SUPER STAR
GYMNAST'S
GRADUATION
PHOTO
HERE!



FLOOR

LISTEN TO TEACHER	1
KNOW BODY POSITIONS	2
FORWARD ROLL ON WEDGE	3
LOG & EGG ROLL ON WEDGE	4
BRIDGE - HIPS OFF FLOOR	5

COACH

DATE COMPLETED

VAULT

RUN FORWARDS & BACKWARDS	1
DONKEY KICKS ON FLOOR	2
JUMPS ON BOARD - 3 TIMES	3
RUN BETWEEN CONES	4

BEAM

WALK FORWARD & SIDEWAYS	1
CRAWLS ON LOW BEAM	2
BEAR WALKS ON LOW BEAM	3
JUMP TO STICK POSITION C-I-Y	4
CARTWHEEL DRILL OVER BEAM	5