



Girls Advanced Gymnastics Skill Tracking Booklet



Student Name

Once a skill is achieved at least 3 times without a spot, a star will be placed next to the skill to show that it has been completed.

Once all skills have a star, bring this booklet to the front desk so you may move up to the next level.

Remember that skills take time to learn and master, practice and repetition make perfect! Never give up!



Vault

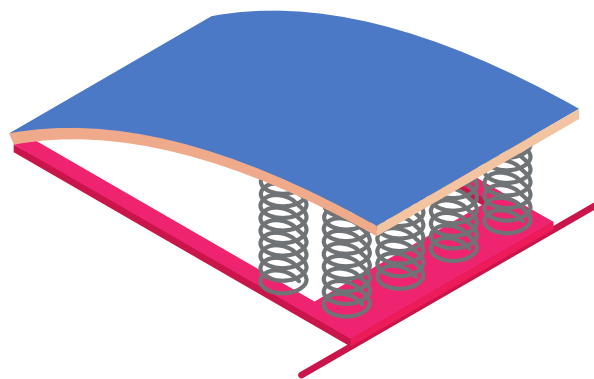
Pirouette (Low Mat)

Dive Roll (Resi Only)

Front Handspring

Front Tuck

Half Turn



Bars

Back Hip Circle to Undershoot

Leg Lift (Feet Together)

Mill Circle

Front Hip Circle

Kip

Straddle-On Dismount



Beam

Swing Clap Mount

Handstand

Split Jump

Cartwheel

Back Walkover

Full Turn

Quarter Turn Dismount



Floor

Tick-Tocks

Back Extension Roll

Back Walkover

Front Walkover

Front Handspring

Back Handspring

Round Off Back Handspring

Back Tuck

Aerial



Disclaimer:

This booklet is the gymnasts responsibility to take care of. It can not be held onto by ACE Gymnastics.

Gymnasts may bring the booklet to class to have their coach fill it out when skills are achieved, but must be taken home.

If you lose your booklet, you may print out a new one on our website for free or purchase a new one at the front desk.