



**Girls Intermediate
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.

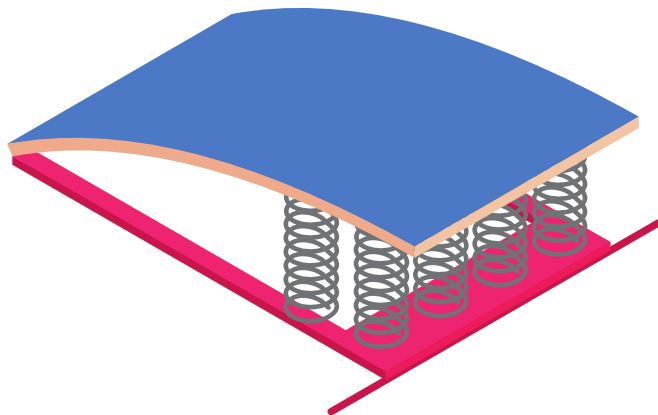
Once all skills have a star, bring this booklet to the front desk so you may move up to the next level.

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



Vault

- Bounce to Handstand Fwd. Roll**
- Arm Circle Hurdle**
- Bounce to Handstand**
- Full Turn**
- Handstand Flatback**
- Front Handspring (barrel)**



Bars

Chin Up Pullover

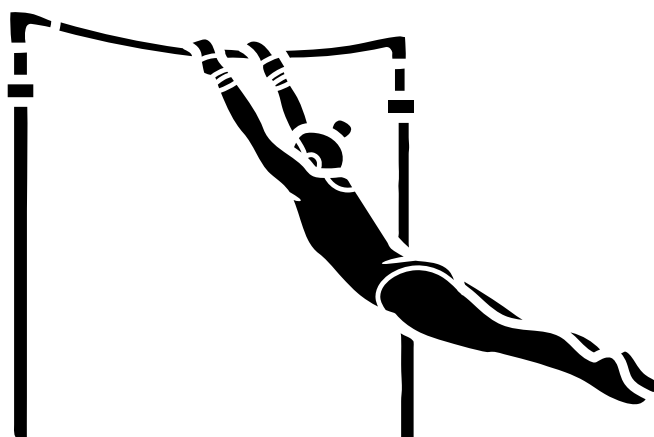
Glide Swings

Strongman to Chin Hold

Leg Cut

Back Hip Circle

Undershoot Dismount



Beam

V-Sit Mount

T-Lever-T

Tuck Jump

Step Leap

Squat-Pivot Turn

Cartwheel (floor beam)

Handstand Dismount



Floor

- Backward Roll to Push Up**
- Round Off**
- Handstand Forward Roll**
- Hitch Kick**
- 1/2 Heel Snap**
- Backbend Kick Over**
- One Hand Cartwheel**
- Back Extension Roll (Cheese)**



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.