

## Boys Rec Beginner General Evaluation sheet

Gymnasts Name: \_\_\_\_\_  
Age: \_\_\_\_\_

Class Day: \_\_\_\_\_  
Coaches Name: \_\_\_\_\_

Class Time: \_\_\_\_\_  
Date: \_\_\_\_\_

Flexibility	Star Value	Bars	Star Value
Pancake	1. 2. 3. 4.	Glide swing	1. 2. 3. 4.
Pike	1. 2. 3. 4.	Sole hang	1. 2. 3. 4.
Skin the cat	1. 2. 3. 4.	3 Casts (hips off the bar)	1. 2. 3. 4.
Right leg split	1. 2. 3. 4.	Cast away	1. 2. 3. 4.
Left leg split	1. 2. 3. 4.	Chin up hold (10 sec)	1. 2. 3. 4.
Middle split	1. 2. 3. 4.	Hanging L-hold (5 sec)	1. 2. 3. 4.
Bridge	1. 2. 3. 4.	Monkey walks down the bar	1. 2. 3. 4.
		Hanging half turn	1. 2. 3. 4.
		Hollow hold (20 sec)	1. 2. 3. 4.
P-bars	Star Value	Floor	Star Value
Tuck hold (10 sec)	1. 2. 3. 4.	Forward roll (no hands to stand up)	1. 2. 3. 4.
Straddle hold (5 sec)	1. 2. 3. 4.	Backward roll to push up	1. 2. 3. 4.
Support hold (10 sec)	1. 2. 3. 4.	Candlestick hold (5 sec)	1. 2. 3. 4.
Support swings (5x)	1. 2. 3. 4.	Standing lunge position	1. 2. 3. 4.
Straddle travles	1. 2. 3. 4.	Donkey kick	1. 2. 3. 4.
Monkey walks	1. 2. 3. 4.	Handstand	1. 2. 3. 4.
Push ups (5x)	1. 2. 3. 4.	Cartwheel to lunge	1. 2. 3. 4.
		Cartwheel to star	1. 2. 3. 4.
		Scale hold 10 sec (T-hold)	1. 2. 3. 4.
		Jump full twist	1. 2. 3. 4.
		Head stand (3 sec hold)	1. 2. 3. 4.
		Dive roll	1. 2. 3. 4.
Rings	Star Value	Trampoline	Star Value
Pull up (1x)	1. 2. 3. 4.	Straight jump	1. 2. 3. 4.
Hanging tuck hold (5 sec)	1. 2. 3. 4.	Tuck jump	1. 2. 3. 4.
Swings (3-5x)	1. 2. 3. 4.	Straddle jump	1. 2. 3. 4.
Swing to inverted pike	1. 2. 3. 4.	Pike jump	1. 2. 3. 4.
Inverted pike hold	1. 2. 3. 4.	Seat drop	1. 2. 3. 4.
Skin the cat hold	1. 2. 3. 4.	Knee drop	1. 2. 3. 4.
Support hold (10 sec)	1. 2. 3. 4.	Doggy drop	1. 2. 3. 4.
Candel stick hold (grabing bar)	1. 2. 3. 4.	Back drop	1. 2. 3. 4.
Vault	Star Value		
Straight jump	1. 2. 3. 4.		
Tuck jump	1. 2. 3. 4.		
Straddle jump	1. 2. 3. 4.		
Dive roll	1. 2. 3. 4.		

Notes:

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Ready to move up?	
YES	<input type="checkbox"/>
NO	<input type="checkbox"/>

1 = doesn't have the skill.    2 = Has the skill with errors.    3 = Has the skill completed.    4 = Has mastered the skill.