

Cartwheels Card



Level 3	Keep Working	Mastered
FLOOR		
Straight Arm Back Roll		
Round off BHS *		
Front Limber		
Back Walk Over		
Split Leap (90 degrees)		
BALANCE BEAM		
Front Handspring Dismount		
Front Handstand		
Cartwheel (low beam)*		
Split Jump		
1/2 Turn		
UNEVEN BARS		
3 Regrip Swings to Support		
Shoot Thru		
Sole Swing Dismount		
3 Glide Swings in a Row		
2 Back Hip Circles in a Row		
VAULT/TRAMP		
Straight jump on mat stack		
FHS off mat stack		
Flyspring over 488 into bag		
BHS TRAMP *		
FHS TRAMP		

GYMNAST NAME:

CLASS

INSTRUCTOR

CLASS RECOMMENDATION

COMMENTS

* - MUST have skill to move levels

Gymnast must achieve a check in the 'mastered' box for 14 out of the 18 skills in order to be recommended for the next class up. In order to receive a check in the 'mastered' box, the gymnast must show complete control and understanding of skill being performed.