

Adult Class

Assessment Guidelines and Requirements

BEGINNER

(No experience/basic experience from a young age)

INITIAL ENTRY REQUIREMENTS

- None

LIMITATIONS

- NO FLIPS
- Gym rules and policies
- Spotting is required at the discretion of the coach
- Progressions as dictated by the coach
- Equipment set up as dictated by the coach

LEARNING

- Basic Fundamental Movement Patterns
 - Locomotion
 - Spring
 - Swing
 - Rotation without flight
 - Landing
- ABC'S
 - Agility
 - Balance
 - Coordination
 - Spatial Awareness
- ESPF's
 - Endurance
 - Strength
 - Power
 - Flexibility
- Forward and backward rolls
- Handstand and cartwheel progressions

INTERMEDIATE

(Some experience/has attended classes before)

REQUIREMENTS

- Beginner skills mastered
- Basic progressions for all new skills

LIMITATIONS

- NO BACK SALTOS
- Gym rules and policies
- Spotting is required at the discretion of the coach
- Progressions as dictated by the coach
- Equipment set up as dictated by the coach

LEARNING

- Fundamental Movement Patterns
 - Locomotion
 - Spring
 - Swing
 - Rotation with forwards flight only (no back saltos)
 - Landing
- ABC'S
 - Agility
 - Balance
 - Coordination
 - Spatial Awareness
- ESPF's
 - Endurance
 - Strength
 - Power
 - Flexibility
- Handstands and cartwheels on different apparatus'
- Front handsprings and front saltos
- Back handsprings

ADVANCED

REQUIREMENTS

- Intermediate skills mastered
- Basic progressions for all new skills

LIMITATIONS

- Gym rules and policies.
- Spotting is required at the discretion of the coach
- Progressions as dictated by the coach
- Equipment set up as dictated by the coach

LEARNING

- Fundamental Movement Patterns
 - Locomotion
 - Spring
 - Swing
 - Rotation
 - Landing
- ABC'S
 - Agility
 - Balance
 - Coordination
 - Spatial Awareness
- ESPF's
 - Endurance
 - Strength
 - Power
 - Flexibility
- Saltos
- Front and back handsprings
- Aerials
- Tumbling