



## Advanced Recreational Class Participant Information

**\*\*This information FORM must be filled out before the beginning of the session. We require it ahead of time !**  
Please fill it out, scan & e-mail it back to us at [info@championsgymnastics.ca](mailto:info@championsgymnastics.ca).  
This form is not a Registration confirmation. To register, you must contact the office and pay for the class.  
Registration spots are not held until payment in full is received.

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Class Day & Time: \_\_\_\_\_

### Previous gymnastics experience:

---

---

---

---

---

This class is a structured/supervised class that begins with a warm-up, stretching and basic gymnastics floor skills. The group will work on all Artistic Gymnastics events (vault, bars, beam, floor, trampoline and related apparatus). The coach in charge will follow a standard curriculum of beginner, intermediate and advanced skills, which includes mandatory progressions and spotting for safety purposes.

The coach's role is to provide progressions, spotting & coaching feedback. The participants must follow all Gym Rules (posted and verbal) and the skills being learned will be commensurate to each participant's ability and previous experience. All technical decisions are to be made by the Coach in charge.

### IF participant is UNDER 18 years of age

NAME OF PARENT/LEGAL GUARDIAN: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### IF participant is 18 years of age and over

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# Advanced Recreational Class Participant Information

## Please check off the skills you have mastered

### **Vault:**

- Run, Straight Jump, Handstand Fall Flat on a Mat  Handspring on Two Mats to Back  Handspring on Three Mats to Back  Handspring on Vault to Feet  Twisting Handsprings  Half-On on Vault

### **Bars:**

- Pullover  Cast  Back Hip Circle  Glide Swing  Kip  Long Hang Swing  Beat Swings  Window Hang  Stalder Hang  Tuck/Pike/Straddle Hang  Free Hip  Sole Circle  Cast-toe-on, Jump to High Bar  Flyaway  Front Hip Circle  Stride Circle  Swing Half Turns  Long Hang Pullover  Cast to Long Hang Swing

### **Beam:**

- Lever to a "T"  Lever to touch the Beam  Cross Handstand  Side Handstand  Cartwheel  Back walkover  Front walkover  Forward Roll  Backward Shoulder Roll  Tuck Jump  Split Jump  Split Leap  Half Turn  Full Turn  Pivot Turn  Cartwheel to Handstand Dismount  Cartwheel to Handstand ¼ Turn Dismount  Cartwheel Straight Jump Dismount  Front Handspring Dismount  Front Tuck Dismount  Round Off Dismount  Back Handspring Step Out  Straight Jump  Back Tuck Dismount

### **Floor:**

- Handstand  Cartwheel  Bridge/Bridge Kick-over  Back walkover  Front Walkover  Forwards Roll  Backwards Roll  Back Extension Roll  Back Handspring  Front Handspring (step out/two foot)  Front Handspring Front Tuck  Round Off  Round Off Back Handspring  Back Tuck  Back Layout  Front Layout  Front Twisting  Round Off Back Handspring Back Tuck  Back Twisting  Front Tuck  Split Leap  Switch Split  Full Turn  Front Aerial  Side Aerial

## **Please list your goals for this session on each event:**

Vault:

---

Bars:

---

Beam:

---

Floor:

---