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Intermediate/Advanced Recreational Class Participant Information

****This information FORM must be filled out before the beginning of the session. Please fill it out, scan & e-mail it back to us at 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: _____

Class Type: Intermediate OR Advanced

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 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.

You must read through the Assessment Guidelines and Requirements on our website to be sure you are registered in the class type that best fits with your gymnastics experience and future goals.

I have read the Assessment Guidelines and Requirements.

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: _____



Intermediate/Advanced Recreational Class Skills Checklist

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:
