

# RED STRIPE

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

<b>Trampoline</b>
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Skill:	Knows the skill	Performs it well	Mastered
Straight jumps			
Tuck jumps			
Straddle jumps			
Split jumps			

<b>Floor</b>
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Skill:	Knows the skill	Performs it well	Mastered
Forward roll			
Cartwheel			
Candlestick			
Bridge (head off the ground)			
Straight jump			
Split jump (splits legs in right direction)			
Handstand (legs split, feet off the ground)			

**COACHES SIGNATURE:** \_\_\_\_\_

# ORANGE STRIPE

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

## Trampoline

Skill:	Knows the skill	Performs it well	Mastered
Straight Jumps			
Tuck jumps			
Straddle jumps			
Split jumps			
Cartwheel			
Forward roll on the blue (jump off two feet)			

## Floor

Skill:	Knows the skill	Performs it well	Mastered
Forward roll (stand up without hands)			
Cartwheel (straight legs lands, lunge to lunge)			
Bridge (head off the ground)			
Hold on leg in the air for 2 seconds in bridge			
Straight jump, split jump connected			
Handstand (can close legs at almost vertical)			

COACHES SIGNATURE: \_\_\_\_\_

## YELLOW STRIPE

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

### Trampoline

Skill:	Knows the skill	Performs it well	Mastered
Staright jumps			
Tuck jumps			
Straddle jumps			
Split jumps			
cartwheel			
Forward roll onto blue jumping off two feet			
Round off rebound			

### Floor

Skill:	Knows the skill	Performs it well	Mastered
Cartwheel (straight legs lands, lunge to lunge)			
Backward roll (down wedge)			
Round off			
Bridge Kick over down wedge mat			
Round off			
Straight jump, split jump connected			
Handstand forward roll (with spot)			

COACHES SIGNITURE: \_\_\_\_\_

## GREEN STRIPE

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

### Trampoline

Skill:	Knows the skill	Performs it well	Mastered
Straight Jumps			
Tuck jumps			
Straddle jumps			
Split jumps			
cartwheel			
Run, jump, dive roll on blue			
Round off rebound stick			
Back handspring (with spot)			

### Floor

Skill:	Knows the skill	Performs it well	Mastered
Two forward rolls connects (no hand stand up)			
Cartwheel, cartwheel (connected, straight legs)			
Run hurdle, round- off			
Back handspring over barrel (no spot)			
Backward roll on floor			
Front handspring over barrel (no spot)			
Back bend			
Kick over (on floor)			
Throwing foam block front flip into pi off red floor			
Straight jump, split jump, straddle jump (connected)			
Handstand forward roll (without spot)			

COACHES SIGNATURE: \_\_\_\_\_

## BLUE STRIPE

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

### Trampoline

Skill:	Knows the skill	Performs it well	Mastered
Straight Jumps			
Tuck jumps			
Straddle jumps			
Split jumps			
cartwheel			
Run, jump, front tuck on blue			
Round off rebound stick			
Back handspring (without spot)			
Front handspring landed			
Bouncer on blue			

### Floor

Skill:	Knows the skill	Performs it well	Mastered
Two forward rolls connects (no hand stand up)			
Cartwheel, cartwheel (connected, straight legs)			
Run hurdle, round-off connected to Back handspring over barrel (up to 8 inch)			
Front handspring over barell			
Backward roll on floor (to push up shape, jump to squat, stand up)			
Back bend			
Kick over (on floor)			

Back tuck into foam (without spot)			
Straight jump, split jump, straddle jump with straight legs (90 degrees) connected			
Handstand forward roll (without spot)			
Handstand bridge stand up (front limber)			
Aerial off panel mat with a spot			

**COACHES SIGNATURE:** \_\_\_\_\_

## PURPLE STRIPE

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

<b>Trampoline</b>
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Skill:	Knows the skill	Performs it well	Mastered
Straight Jumps			
Tuck jumps			
Straddle jumps			
Split jumps			
cartwheel			
Run, jump, front tuck on blue			
Round off back handspring (without spot)			
Back handspring, back handspring connected (without spot)			
Front handspring landed			
Bounder on black			

<b>Floor</b>
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Skill:	Knows the skill	Performs it well	Mastered
Two forward rolls connects (no hand stand up)			
Cartwheel, cartwheel (connected, straight legs)			
Run hurdle, round-off Back handspring (with spot)			
Backward roll on floor (to push up shape, jump to squat, stand up)			
Back walkover			
Arial off panel mat (no spot)			
Front handspring off panel mat			
Straddle jump x2 connected			
Handstand forward roll (without spot)			

Handstand bridge stand up (front limber)			
Run, punch, front tuck into foam onto a squishy mat			
Arial off mat (no spot)			

**COACHES SIGNITURE:** \_\_\_\_\_



# RAINBOW STRIPE

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

<b>Trampoline</b>
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Skill:	Knows the skill	Performs it well	Mastered
Straight Jumps			
Tuck jumps			
Straddle jumps			
Split jumps			
cartwheel			
Run, jump, front tuck on black			
Round off back handspring x2 (without spot)			
Back handspring x4 connected (without spot)			
Front handspring landed			
Bouncer x2 on blue			

<b>Floor</b>
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Skill:	Knows the skill	Performs it well	Mastered
Cartwheel, cartwheel (connected, straight legs)			
Run hurdle, round-off Back handspring (no spot)			
Back handspring on floor (no spot)			
Backward roll on floor (to push up shape, jump to squat, stand up)			
Back walkover			
Arial on the floor (no spot)			
Straddle jump x2 connected			
Handstand forward roll (without spot)			
Front walkover			

Front handspring on floor			
Run, punch, front tuck into foam on 8 incher			
Back tuck into foam (without spot)			

**COACHES SIGNATURE:** \_\_\_\_\_