### Bath YMCA Youth Gymnastics Progress Chart

#### Athlete name: [Insert Athlete Name]  
#### Current session: [Insert Current Session]

<table>
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<th>Vault</th>
<th>Bars</th>
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| *Jumps to stick from raised surface: straight, tuck  
*Hurdle onto board with two feet: straight jump, stick. | *Jump to front support  
*Swing, regrip  
*Swing and release bar on back swing  
*Forward roll dismount | Low beam  
*Walk flat foot  
*on toe  
*Bear crawl | *Forward roll to feet down wedge (stand without pushing up)  
*Handstand against wall facing in  
*Candlestick with back support  
*Lever | *Kick steps at horizontal  
*Straddle jump | Rock and roll three times  
Hang on bars pull to tuck hold 3X in a row | Show positions: tuck, pike, straddle, standing, sitting, prone; hollow (on belly) arch (on back) |
| *Jump (three bounces) from board to roll down wedge  
*Straddle jump to stick from raised surface | *Cast *back to bar,  
*floor dismount  
*Candlestick wit thigh support >45 degrees  
*Spotted back hip circle | High beam  
*mount from straddle  
*Walk across high beam: *flat foot,  
*releve  
*Straight jump dismount  
*Low beam:  
*Straight jump | *Forward roll to feet on floor  
*Straddle roll to straddle stand down wedge  
*Kick to handstand against wall  
*Candlestick  
*Backward roll down wedge  
*Cartwheel | *Jump ½ turn  
*½ turn pivot in releve | *Show tuck on parallettes  
*Hang on bars and lift legs to pike hold 3 seconds  
*Flexed arm hang for 3 seconds | Lever Push up/Plank Reverse plank |
| *Hurdle onto board  
*dive roll onto whale  
*Handstand to flat back on floor | *cast back hip circle  
*pull over bar  
*flexed arm hang for 5 secs. | Low beam:  
*forward roll (red pad allowed)  
*lever | *Handstand forward roll  
*Handstand to bridge  
*bridge kickover from lying on back, on closed wedge, to feet  
*2 straight cartwheels | Split leap  
½ turn on toe  
*Split jump | *Hold pike on parallettes  
*Flexed arm hang for 5 seconds | Hang from bar: Show hollow Show arch  
*Falling backward safely |

#### Coach comments: