

Bath YMCA Youth Gymnastics Progress Chart

Athlete name:

Current session:

Vault	Bars	Beam	Floor	Dance	Strength	Body Positions
*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 with 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 High beam: *straight jump *pivot turn	*Handstand forward roll *Handstand to bridge *bridge kickoverFrom 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: