



GIRLS LEVEL 1

Name: _____

Teacher: _____

Date: _____

SANTA CRUZ GYMNASTICS CENTER

FLOOR

1	2	3	<input type="checkbox"/>	Forward Roll
1	2	3	<input type="checkbox"/>	Cartwheel
1	2	3	<input type="checkbox"/>	10 sec Bridge hold
1	2	3	<input type="checkbox"/>	Kick over down wedge
1	2	3	<input type="checkbox"/>	Teeter totter handstand

BEAM

1	2	3	<input type="checkbox"/>	Walking flat feet & straight legs
1	2	3	<input type="checkbox"/>	Stretch jump
1	2	3	<input type="checkbox"/>	Lever
1	2	3	<input type="checkbox"/>	Pivot turn
1	2	3	<input type="checkbox"/>	Jump off to stop shape

The skills in **bold** must be mastered or marked with a star to move up a level. In addition there must not be more than three number three scores to move up. You will receive a separate **move up card** in addition to this progress report when ready for the next level.

☐ ★ = Congratulations! You have mastered this skill.

1 = Your child was not at class when this skill was tested

2 = Your child is still learning this skill. They are unable to perform the skill unassisted.

3 = Your child is capable of performing the skill, but needs more attention to detail.

BAR

1	2	3	<input type="checkbox"/>	Pulllover chin above bar
1	2	3	<input type="checkbox"/>	10 sec support position hold
1	2	3	<input type="checkbox"/>	3 Casts
1	2	3	<input type="checkbox"/>	1/2 Rope Climb

VAULT

1	2	3	<input type="checkbox"/>	Proper running form
1	2	3	<input type="checkbox"/>	Proper board technique
1	2	3	<input type="checkbox"/>	Stop shape stick
1	2	3	<input type="checkbox"/>	Step Zero

STRENGTH, DANCE, FLEXIBILITY

1	2	3	<input type="checkbox"/>	Tummy handstand
1	2	3	<input type="checkbox"/>	5 tuck ups
1	2	3	<input type="checkbox"/>	10 sec push up shape hold
1	2	3	<input type="checkbox"/>	Skipping
1	2	3	<input type="checkbox"/>	Pike stretch



Gymnastics Team Progress Reports

D Keegan



Gymnastics Team Progress Reports:

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Table of Contents Gymnastics Team Progress Reports

1. Understanding the eBook Gymnastics Team Progress Reports
 - The Rise of Digital Reading Gymnastics Team Progress Reports
 - Advantages of eBooks Over Traditional Books
2. Identifying Gymnastics Team Progress Reports
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an eBook Platform
 - User-Friendly Interface
4. Exploring eBook Recommendations from Gymnastics Team Progress Reports
 - Personalized Recommendations
 - Gymnastics Team Progress Reports User Reviews and Ratings
 - Gymnastics Team Progress Reports and Bestseller Lists

5. Accessing Gymnastics Team Progress Reports Free and Paid eBooks
 - Gymnastics Team Progress Reports Public Domain eBooks
 - Gymnastics Team Progress Reports eBook Subscription Services
 - Gymnastics Team Progress Reports Budget-Friendly Options
6. Navigating Gymnastics Team Progress Reports eBook Formats
 - ePub, PDF, MOBI, and More
 - Gymnastics Team Progress Reports Compatibility with Devices
 - Gymnastics Team Progress Reports Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Gymnastics Team Progress Reports
 - Highlighting and Note-Taking Gymnastics Team Progress Reports
 - Interactive Elements Gymnastics Team Progress Reports
8. Staying Engaged with Gymnastics Team Progress Reports
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Gymnastics Team Progress Reports
9. Balancing eBooks and Physical Books Gymnastics Team Progress Reports
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Gymnastics Team Progress Reports
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Gymnastics Team Progress Reports
 - Setting Reading Goals Gymnastics Team Progress Reports
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Gymnastics Team Progress Reports
 - Fact-Checking eBook Content of Gymnastics Team Progress Reports
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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