



Let us start by welcoming you and your family to Stars & Stripes Gymnastics Academy! We would like to take a minute of your time, as you begin your adventure with us, to have you read over the goals that we have set for your child. Please know we put a lot of passion into developing programs that will not only challenge your child's physical abilities, but will also enhance their self-esteem and give them a wonderful activity to look forward to. Each class has specific core skills that are the emphasis of that particular class. They must successfully master all skills listed to advance to the next level. Every child advances and learns at their own pace. It is very common for children to stay in the same class for a few months, all the way up to a year, or even beyond.

We pride ourselves on teaching gymnastics technically correct in a safe environment; therefore children will not progress to a new skill until they are ready. Please feel free to talk to your child's coach if you have any questions. We strongly encourage communication between coaches and parents. Sometimes, between classes, it might be busy and there may not be an opportunity to approach your child's coach. Therefore, we have set-up email addresses for each coach so you can email them at your convenience. You may access their emails from the "Meet the Staff" page on our website [www.StarsandStripesKids.com](http://www.StarsandStripesKids.com). Once again, we would like to welcome you and thank you for giving us the opportunity to work with your child. This is something that each member of our staff does not take lightly.

## Boy's Wild Stallions I (5.5-7 years) - Goals

*(Coaches make the final decision on moving up based on skill accomplishment, physical & emotional readiness, and confidence on various apparatus)*

### Positions:

Squat, tuck, pike, straddle, safe landing, straight body standing up, lunge, front support, rear support

### Vault:

- Proper technique on beginning running drills (walking lunges, run with high knees, run kicking bottom)
- Proper running technique for sprint
- Correct board hit, including accelerated run, arm circle-board entry, repulsion off the springboard and controlled landing

### Bars:

- Proper hand placement
- Front supports
- Casting
- Forward roll dismount
- Pullover up incline
- Pullover
- Bent arm hang in a tuck, pike & straddle for 10 seconds
- Shimmy on the single bar
- Straight body hold for 10 seconds with proper form
- Hold a tuck, pike & straddle with proper form on single bar
- Tuck & pike hold on parallel bar
- Front support hold on rings

### Floor Exercise:

- Rocking chairs and Rock-n-Roll
- Straight body forward roll on incline and floor
- Straight body backward roll on incline and floor
- Split handstand
- Straight body handstand
- Bridge
- Cartwheel
- Spider climb

### Strength & Flexibility:

- 3 pull ups
- 3-5 push-ups
- Front support hold (5 seconds)
- Rear support hold (5seconds)
- Correct form for both hip flexor & hamstring stretches
- 3 dips
- 10 sit-ups on incline unassisted
- 10 sit-ups on floor unassisted
- Straddle support hold
- Press handstand against wall

*The skill goals listed above are the main focus of the class. However, specific drills and progressions will continuously be perfected and used to obtain these goals which may not be listed. Improvements in strength and flexibility are also essential to progress.*

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