

Welcome to Stars & Stripes Gymnastics Academy! We know you and your child will enjoy your experience with us. 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. Enclosed is a list of skills that your child will work toward achieving in class. 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. If you ever have any questions about your child's progress, please do not hesitate to ask their coach. Communication is encouraged and will only enhance your child's experience. It is often busy between classes and there may not be an opportunity to approach your child's coach. For your convenience each coach has an e-mail address that can be accessed through our website www.StarsandStripesKids.com. Just click on the "Meet the Staff" link.

Wild Stallions II – Goals

Vault:

- Proper running drills
- Accelerated sprint
- Arm circle board entry to raised surface (16 in)
- Board hit to dive roll

Bars:

- Pullover (high bar)
- Casting (high bar)
- Back hip circle
- Tap swings
- Pike support hold (rings)

Floor Exercise:

- Handstand (hold)
- Handstand forward roll
- Dive roll
- Backward roll to push up position
- Back extension
- Back handspring
- Round off

Strength & Flexibility:

- 5 Pull ups
- 5 Dips
- Front support hold (10 seconds)
- Rear support hold (10 seconds)
- Straddle support hold
- Press handstand (against wall)
- Splits (left, right and center)

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, but are not listed. Improvements in strength and flexibility are also essential to progress.