



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. 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.

Bouncing Bunnies II - Goals

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

Floor:

- Straight body jump
- Skip, chasse'
- Squat on vault and safe landing dismount
- Straddle forward roll on panel mat
- Forward roll on panel mat
- Straddle backward roll on incline
- Rock-n-roll
- Handstand up incline (spider climb) - 10 seconds
- Cartwheel starting in a lunge position
- Split handstand on incline

Beam:

- Releve' walk forward, backwards, on low beam
- Releve' walk sideways on floor beam
- Marching and dip steps on low beam
- Flamingo and scale for 5 seconds on low beam
- Arabesque for 5 seconds on floor beam
- Straight body jumps on floor beam
- Scale in front on low beam
- Walks forward on high beam
- Overall confidence, balance, and coordination

Bars:

- Proper hand placement and arm placement
- Front support
- Casting w/ proper body positioning
- Straddle toe swing with straight legs holding for 5 seconds
- Ladder up to low bar, jump to front support on high bar and forward roll dismount
- Tight straight body for 5 seconds and then land in a safe landing on single bar
- Forward roll dismount
- Pullover up incline
- Bent arm hang in a pike and straddle on the rings
- Tuck, straddle, pike hang on single bar with proper form
- Pike hold on the parallel bars

Tumbl Trak:

- 1,2,3 safe landing
- Straight body jumps with super tight arms and legs