



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.

## Chameleon 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 forward roll and straddle forward roll
- Straight body backward roll
- Straddle backward roll
- Handstand - working on holding line and control
- Cartwheel
- One-arm cartwheel
- Split stretches
- Bridge/bridge kick-over on incline
- Backbend on incline and floor
- Work backbend kick-over on floor

### Beam:

- V-sit mount on high beam
- Releve' walks forward, sideways, and backwards on low and high beam
- Straight body jumps on low beam
- Pivot turns on high beam
- Squat turns on low beam
- Front kicks on high beam
- Tuck and straddle dismounts off low beam
- Chasse' on low beam

### Balances for Beam:

- Scale in front on high beam
- Arabesque on high beam
- Squat on high beam
- Flamingo hold on high beam
- Releve' on high beam

### Bars:

- Front support
- Hollow body hold
- Casting
- Pullover
- Pullover, 3 casts, hollow body hold, forward roll dismount to a bent arm hang in a pike
- Shimmy
- Bent arm hang in a pike (rings)
- Straight body hang
- Bent arm hang challenge for 10 seconds
- Pike & tuck hold for 10 seconds on parallel bars
- 7 leg lifts on wall bar

### Vault:

- Proper run and arm placement
- Arm circles
- Board drills
- Board drill with arm circle
- 30 foot run board hit
- 30 foot run with arm circle board hit
- Rope climb