

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.

Little Lizards - Goals

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

Positions/ Strength:

Squat, tuck, pike, straddle, safe landing, straight body standing up, straight body lying down, lunge, v-sit and arched body

Floor:

- Straight body jump
- Rocking chair and Rock-n-roll
- Straight body forward roll
- Straddle forward roll
- Straddle backward roll on incline
- Spider climb
- Straight body backward roll on incline
- Cartwheel
- Split handstand
- Straight body handstand on an elevated surface
- Bridge on incline

Beam:

- Walk forward, sideways & backwards in releve' on low beam
- Marching and dip steps on high beam
- Front kicks on low beam
- Flamingo
- Releve' walk forward on high beam
- Straight body dismount
- Tuck jump dismount
- Releve' hold on high beam
- Squat on low beam
- Front support on high beam
- Walk forward, sideways & backwards on high beam

Bars:

- Front support
- Casting
- Forward roll dismount
- Pullover up incline
- Pullover
- Bent arm hang in a pike for 10 seconds
- Tuck hang on single bar
- Straddle hang on single bar
- Pike hang on single bar
- Tuck hold on the parallel bar for 10 seconds

Vault:

- Working proper run and arm placement
- Proper board drills, hitting with two feet and pushing to straight body with correct landing
- 20 foot board hit
- Rope climb