

GIRLS CHAMPS 2

Girls will learn gymnastics terminology, basic shapes, stretches and strength drills that will help them achieve various skills. Students at this level are able to make corrections based upon coach's feedback.

VAULT

Correct Board Shape
Sprint down the Runway
Kick to Handstand Flatback on 8" Mat
Run Punch Tuck Jump on Block
Jump off Stick
Run Punch Dive Roll on PP

BEAM

Jump to Support Swing to
Straddle Sit with Straight Legs
Forward Releve Walks
Straight Leg Kicks Forward and
Backward
Straight Jump
Tuck Stand, Pike Stand, Needle
Kick Stand
Passe Walks
Side 3/4 Handstand Dismount

BARS

Glide Swing with Pink Roller
Step Kick Pull Over
3 Casts in a Row with Hips Off Bar
Roll Forward Over Bar
Spotted Back Thigh Circle
Shooting Star in Straddle

STRENGTH/FLEXIBILITY

SHAPES

8 Push Ups
3 Pull Ups (Chin Above Bar)
3 Leg Lifts (Toes to Bar)
8 Frog Jumps
8 V-Ups
1/2 Rope Climb
Bridge with Straight Legs
Right Leg Split 80%
Left Leg Split 80%
Middle Split 80%
Pike with Nose to Knees

FLOOR

Vertical Handstand
Cartwheel
Back Roll to Tuck Stand
Bridge Kickover off Panel
Tuck Jump
Split Jump 60"
Forward Chasse Kick
2 Pivot Turns



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