

Girls Future Stars (By Invitation)

Future Stars (ages 5+) is the base requisite to our competitive team. At this level girls do not compete, but rather work towards their competitive skills while gaining confidence, a strong work ethic and determination to become a competitor on our CGC team.

Designed to build both the body and mind, classes are focused on learning and mastering the team skills. Conditioning and flexibility become more important as they progress to more challenging skills, building character, self-esteem, and overall physical development.

Future Stars classes are for the more advanced and dedicated gymnast and prepares them for competing.

2022 SKILL DEVELOPMENT TRAINING SESSIONS

GIRLS FUTURE STARS

Future Stars is the base requisite to our competitive team. At this level girls do not compete, but rather work towards their compulsory skills while gaining confidence, a strong work ethic and determination to become a competitor on our CGC team. This class is by invitation only.



STRENGTH/FLEXIBILITY

SHAPES

- 10 Push Ups
- 5 Pull Ups (Chin above Bar)
- 5 Leg Lifts (Toes to Bar)
- 15 Frog Jumps
- 15 V-Ups
- Full Rope Climb
- Competition Bridge
- Right Leg Split
- Left Leg Split
- Middle Split 80%
- Pike with Nose to Knees
- Hands Reach Flat Past Heels

VAULT

- Handstand Block
- Correct Board Shape
- Sprint (Accelerated)
- Down the Runway
- Run Punch Straight
- Jump on PP
- Kick Handstand Flatback
- Run Punch Handstand
- Flatback on PP

BEAM

- Pivot Turn
- Arabesque
- Straight Jump
- Split Jump 60*
- Hiccup Handstand
- Side Handstand Dismount
- Round Off Dismount

BARS

- Glide Swing
- Pull Up Pull Over
- Cast to 45*
- Back Thigh Circle
- Shooting Star in Tuck
- Underswing

FLOOR

- Vertical Handstand
- Cartwheel Step In
- Power Hurdle Round Off Rebound
- Straight Arm Back Roll to Push Up
- Competition Bridge Kickover
- Split Jump 90*
- Forward Chasse
- Leap 90*
- Forward Passe 1/2 Turn

GIRLS FUTURE STARS

*Ages 5-9 and 9+
Two hour class*

Schedule

Monday: 4:00 (Ages 5-9)

*Tuesday: 4:00 (Ages 5-9)
4:00 (Ages 9+)*

Wednesday: No classes

Thursday: 3:00 (Ages 9+)

Friday: 4:00 (Ages 9+)

Saturday: No classes

*Sunday: 9:00 (Ages 5-9)
9:00, 11:00, 1:00 (Ages 9+)*

Monthly Cost

Annual Family Membership Fee: \$72

2x per week: \$290

3x per week: \$325

**IF YOU ARE NEW ATHLETE TO CGC
YOUR FIRST MONTH FREE TUITION
WITH \$35 REGISTRATION FEE**