

# 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