

# Shooting Stars

When you enter the world of girls gymnastics, it is the beginning of a new adventure that turns into a passion for many of the girls who participate. Over time they experience life changing moments that enhance their school, family, and community relationships.

Each class includes stretching and strength in addition to instruction on vault, uneven bars, beam and floor. Coaches are dedicated to teaching children the principles of gymnastics and develop their coordination and motor skills. Gymnastics will not only increase your child's physical abilities, they will also learn life skills such as perseverance, discipline, commitment, teamwork and leadership. Over time they learn to overcome fears and work hard toward goals.

Shooting Stars class is a beginning recreation gymnastics class specifically for girls ages 9 and older. This class was developed for girls who want to learn the basics of gymnastics with peers of their own ages. The class is 2 hours in length and comparable to Girls Champs 2 level.

## 2022 SKILL DEVELOPMENT TRAINING SESSIONS

### SHOOTING STARS

This class is for girls ages 9+ who are new to gymnastics. Basic gymnastics skills are learned in this class and athletes will be with peers in their age group.  
Skills learned are same as Girls Champs 2

#### 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

#### STRENGTH/FLEXIBILIT

##### Y 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

#### 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



### Shooting Stars

9+ years old  
Two hour class

#### Schedule

Monday: 5:00  
Tuesday: No classes  
Wednesday: No classes  
Thursday: 6:00  
Friday: No classes  
Saturday: No classes  
Sunday: No classes

#### Monthly Cost

Annual Family Membership Fee:  
\$72  
1x per week: \$200  
2x per week: \$285

**IF YOU ARE NEW ATHLETE TO CGC YOUR FIRST MONTH FREE TUITION WITH \$35 REGISTRATION FEE (Click here for info)**