

Boys Future Stars (By Invitation)

This developmental program serves as a stepping stone from our Recreational program to our competitive team program. While boys do not compete at this level, it is designed for the serious gymnast, the ones who not only have the talent but also the desire to be a competitive gymnast.

Students will experience a more structured, more detailed approach to instruction, but in a way that is fun, challenging, and satisfying. The boys continued physical development will allow them to swing higher on each event and learn more technically demanding and challenging acrobatic skills. Boys beam with pride as they reap the rewards of their training and accomplish great results!

2022 SKILL DEVELOPMENT TRAINING SESSIONS

BOYS FUTURE STARS

Future Stars is the base requisite to our competitive team. At this level boys do not compete, but rather work towards their higher level 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

5 Pull ups no spot 3 times
HS on the wall 90sec
30 Push ups good form
Hollow hold 90sec
Arch hold 90sec
"L" hold 15sec on FX
30 Burpees non-stop
8 Box jumps sticks in a row
Air squats 20 in a row
No spot 5 leg lifts

VAULT

Lunge arm circle punch board at jump stick
Run hurdle over panel with arm circle at jump, good form
60' Spring in under 4sec
10 Band straight jumps arm over head

Short step 40sec
<7 min "22"

HIGH BAR

Beat taps 15 in a row
Pull up pullover
3 cast 45 degrees
Undershoot to box no spot
10 Tap swings
10 Tap swings, dismount stick
3 in a row

FLOOR

Kick above stomach lunge hold 3sec
Cartwheel cartwheel step together
Backward roll to push up
Kick handstand 1sec hold
St press headstand 3sec hold
Back 3/4 puppy unassisted

POMMEL HORSE

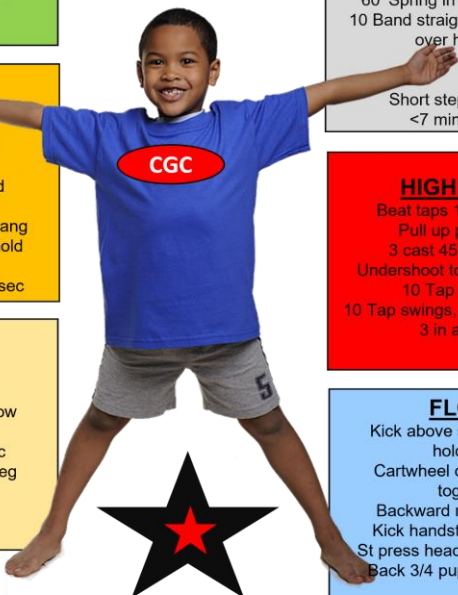
(PB) upperarm circles 10 in a row
Jump 3/4 good form
F/B support hold 90sec
Full Circle
Slide full circle on FX M

RINGS

3 Pull ups unassisted
"L" hold 5sec
15 Swings proper hand movement
Unassisted swing to Inv hang
Inv pike to Skin the Cat hold 3sec
Tucked back level hold 3sec

P-BARS

Hold 90 sec support
Support swings 15 in a row
ST "L" hold 10sec
ST tucked "V" hold 3sec
3 Swings between >45 deg



BOYS FUTURE STARS

Ages 5+
Two hour class

Schedule

Monday: 3:00
Tuesday: No classes
Wednesday: 4:00
Thursday: No classes
Friday: 4:00
Saturday: No classes
Sunday: 10:00

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**