

# Girls Rising Stars (By Invitation)

Rising Stars (ages 4-7) is for athletes who wish to take the competitive route in our gymnastics programs. At this level girls do not compete, but rather work towards skills that would get them to Future Stars. Because classes are held two times per week, the progression for learning skills is usually faster than recreational classes.

## 2022 SKILL DEVELOPMENT TRAINING SESSIONS

### GIRLS RISING STARS

This class is prerequisite for athletes who wish to pursue the competitive path. Classes are held 2 times a week and prepares them for competing in the future. Enrollment is by invitation only

#### VAULT

Correct Board Shape  
Spring Down the Runway  
Kick to Handstand Flatback  
On 8" Mat  
Run Punch Handstand  
Flatback on PP

#### STRENGTH/FLEXIBILITY

##### SHAPES

8 Push Ups  
3 Pull Ups (Chin above Bar)  
3 Leg Lifts  
8 Frog Jumps  
8 V-Ups  
12 Rope Climb  
Bridges with Straight Legs  
Right Leg Split 80%  
Left Leg Split 80%  
Middle Split 80%  
Pike with Nose to Knees

#### BEAM

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

#### FLOOR

3/4 Handstand  
Cartwheel  
Back Roll to Tuck Stand  
Bridge Kickover off Panel  
Tuck Jump  
Split Jump 60\*  
Forward Chasse Kick  
Pivot Turn

#### 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



### GIRLS RISING STARS

9+ years old  
One hour class

#### Schedule

Monday: 4:00

Tuesday: 3:00, 5:00

Wednesday: No classes

Thursday: 3:00, 5:00

Friday: 4:00

Saturday: 9:00a

Sunday: No classes

#### Monthly Cost

Annual Family Membership Fee:

\$72

2x per week: \$200

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