

# Girls Champs 2

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.

It is our goal to make these young gymnasts not only into great athletes, but also into great children/teenagers/adults. We believe in the importance of gymnasts leading well rounded lives and being involved with outside interests as well.

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.

As girls develop their skills, they are advanced into Levels 2 and 3 where they will learn more challenging elements that requires self-discipline, increased strength and flexibility.

## 2022 SKILL DEVELOPMENT TRAINING SESSIONS

### GIRLS CHAMPS 2

Girls will learn gymnastics terminology, basic shapes, stretches and strength drills that will help them achieve various skills. Students at this level are able to make corrections based upon coach's feedback.

#### 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/FLEXIBILITY

##### 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

#### 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

#### FLOOR

Vertical Handstand  
Cartwheel  
Back Roll to Tuck Stand  
Bridge Kickover off Panel  
Tuck Jump  
Split Jump 60"  
Forward Chasse Kick  
2 Pivot Turns

#### 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 CHAMPS 2

6+ years old  
One hour class

#### Schedule

Monday: 3:00  
Tuesday: 4:00, 5:00  
Wednesday: 3:00, 4:00  
Thursday: 4:00, 5:00  
Friday: 4:00, 5:00  
Saturday: 10:00  
Sunday: 1:00

#### Monthly Cost

Annual Family Membership Fee: \$72  
1x per week: \$125  
2x per week: \$200  
3x per week: \$260

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