

# Girls Champs 1

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.

## 2022 SKILL DEVELOPMENT TRAINING SESSIONS

### GIRLS CHAMPS 1

If you are looking for a beginning activity to build your daughter's confidence, strength, and coordination, Girls Champs 1 is for her! This class offers beginning basics on vault, bars, beam, floor and tumbletrak.

#### VAULT

Correct Board Shape  
Fast Run Down the Runway  
Kick to Handstand Flatback on 16" Mats  
Run Punch Squat/Straddle onto Block Jump Off Stick  
Run Punch Dive Roll on 16" Mats

#### STRENGTH/FLEXIBILITY/SHAPES

4 Push Ups  
3 Spotted Pull Ups (*chin above bar*)  
3 Spotted Leg Lifts (*toes to bar*)  
4 Frog Jumps  
4 V-Ups  
10 Hand Steps up the Rope  
Bridge  
Straddle Pancake  
Pike with Nose to Knees  
Candle Stick Shape

#### BEAM

Jump to Support Swing to Straddle Sit  
Tuck Sit to Stand Up  
Hops Across Beam  
Backward Walks  
Passe Hold 5 Seconds  
Tuck Stand, Pike Stand, Stand Up  
Spotted 3/4 Handstand  
Dismount

#### BARS

Glide Swing Shape  
Spotted Pull Over  
Front Support Hold 10 Sec  
3 Casts with Hips off Bar  
Spotted Roll Forward Over Bar  
Spotted J Hold Shape 10 sec

#### FLOOR

3/4 Handstand  
Cartwheel  
Forward Roll  
Back Roll to Straddle Stand  
Straight Jump  
Tuck Jump  
Forward Chasses  
Picot Turn



### GIRLS CHAMPS 1

5+ years old  
One hour class

#### Schedule

Monday: 3:00, 4:00  
Tuesday: 3:00  
Wednesday: 3:00, 4:00, 5:00  
Thursday: 2:00, 3:00, 4:00  
Friday: 3:00  
Saturday: 11:00, 1:00  
Sunday: 9:00, 10:00, 11:00

#### Monthly Cost

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

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