

Let us start by welcoming you and your family to Stars & Stripes Gymnastics Academy! We would like to take a minute of your time, as you begin your adventure with us, to have you read over the goals that we have set for your child. Please know we put a lot of passion into developing programs that will not only challenge your child's physical abilities, but will also enhance their self-esteem and give them a wonderful activity to look forward to. Each class has specific core skills that are the emphasis of that particular class. They must successfully master all skills listed to advance to the next level. Every child advances and learns at their own pace. It is very common for children to stay in the same class for a few months, all the way up to a year, or even beyond.

We pride ourselves on teaching gymnastics technically correct in a safe environment; therefore children will not progress to a new skill until they are ready. Please feel free to talk to your child's coach if you have any questions. We strongly encourage communication between coaches and parents. Sometimes, between classes, it might be busy and there may not be an opportunity to approach your child's coach. Therefore, we have set-up email addresses for each coach so you can email them at your convenience. You may access their emails from the "Meet the Staff" page on our website [www.StarsandStripesKids.com](http://www.StarsandStripesKids.com). Once again, we would like to welcome you and thank you for giving us the opportunity to work with your child. This is something that each member of our staff does not take lightly.

## Little Lizards - Goals

*(Coaches make the final decision on moving up based on skill accomplishment, physical & emotional readiness, and confidence on various apparatus)*

### Positions/ Strength:

Squat, tuck, pike, straddle, safe landing, straight body standing up, straight body lying down, lunge, v-sit, arched body (10 seconds), and hollow body (10 seconds)

#### Floor:

- Straight body jump
- Rocking chair and Rock-n-roll
- Straight body forward roll
- Straddle forward roll
- Straddle backward roll on incline
- Straight body backward roll on incline
- Cartwheel
- Split handstand
- Straight body handstand on an elevated surface
- Bridge on incline

#### Beam:

- Front support on high beam
- Walk forward, sideways, and backwards in releve' on low beam
- Walk forward and sideways, backwards on high beam
- Releve' walks forward on high beam
- Marching and dip steps
- Straight body jump dismount
- Tuck jump dismount

#### Balances for Beam:

- Flamingo, releve', squat, scale in front - high beam

#### Bars:

- Proper hand placement
- Front support
- Casting
- Forward roll dismount
- Pullover up incline
- Pullover
- Bent arm hang in a tuck for 10 seconds
- Shimmy on the single bar
- Straight body hold for 10 seconds with proper form
- Hold a tuck, pike and straddle with proper form on the single bar
- Tuck and pike hold on the parallel bar for 10 seconds

#### Vault:

- Working proper run and arm placement
- Proper board drills, hitting with two feet and pushing to straight body with correct landing
- 15 foot board hit
- Rope climb