



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. 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.

Penguin - Goals

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

Positions:

Tuck, pike, straddle, squat, safe landing, straight body standing up (ta-da) , lunge, superman, X position, hot dog, & v-sit

Floor:

- Jump in place with arms super tight in the air
- Straddle on vault to the panel mat with straight legs and a safe landing dismount
- Straight body forward roll down incline
- Superman on block working on stretching out arms and legs
- Rocking chairs with one hand on each knee – on incline
- Donkey kicks in the hula hoop
- Handstand up incline (Spider climb) with straight arms
- Understanding of cartwheel using the hands and feet props with coaches help

Beam:

- Walk forward, sideways, on floor beam
- Sideways on low beam
- Marching steps – floor beam
- Flamingo hold for 3 seconds (foot up by knee)-Floor beam
- Safe landing dismount holding for three seconds

Bars:

- Proper hand placement
- Front support
- Possum' hang
- Tuck hold on single bar
- Tuck hold on the rings
- Straddle swing on the rings
- Pike swing on the rings
- Swing on the rings and drop bean bag into hoop
- Straddle toe swing with straight legs
- Ladder up to low bar then jump to high bar swinging in a tuck with coach

Tumbl- Trak:

- Jump forward in a hot dog position with a tight controlled body