



Welcome to Stars & Stripes Gymnastics Academy! We know you and your child will enjoy your experience with us. 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. Enclosed is a list of skills that your child will work toward achieving in class. They must successfully master all skills listed to advance to the next level. 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. Every child learns at a different pace, and every child will advance differently.

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. If you ever have any questions about your child's progress, please do not hesitate to ask their coach. Communication is encouraged and will only enhance your child's experience. It is often busy between classes and there may not be an opportunity to approach your child's coach. For your convenience each coach has an e-mail address that can be accessed through our website www.StarsandStripesKids.com. Just click on the "Meet the Staff" link.

Rising Stars I – Goals

Vault:

- Proper technique on beginning running drills (walking lunges, run with high knees, run kicking bottom)
- Proper running technique for sprint
- Correct board hit, including accelerated run, arm circle-board entry, repulsion off the springboard, and controlled landing.

Bars:

- Pullover
- 3 Casts in a tight body position
- Forward roll dismount
- Hollow body position
- Arch body position
- 5 second bent arm hang
- Straight body hang
- Straddle toe swing

Balance Beam:

- Front support mount
- Jump dismount (tuck, pike or straddle)
- Pivot turn
- Proper technique, as well as comfort on the high beam, for walking warm up exercises (dip steps, walking in all directions, marching)
- Coupe' balance hold, with arms stretched sideward (5 seconds)
- Straight jump

Floor Exercise:

- Forward roll
- Backward roll
- Handstand (must maintain body control)
- Cartwheel
- Bridge (straight arms)
- Back bend (on incline mat)
- Bride kickover (on incline mat)

The skill goals listed above are the main focus of the class, however specific drills and progressions will continuously be perfected and used to obtain these goals, but are not listed. Improvements in strength and flexibility are also essential to progress.