



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 II – Goals

Vault:

- Proper running technique for sprint, demonstrating an accelerated run.
- Correct board hit, including accelerated run, arm circle-board entry, rebound off the springboard to a **raised surface** (16 in), and a controlled landing.
- Dive roll onto stacked mats

Bars:

- 5 Casts
- Back hip circle
- Straddle sole circle dismount
- Beginning tap swings
- Arch body hang
- Hollow body hang

Balance Beam:

- Cartwheel to handstand dismount (low beam)
- Proper technique as well as comfort on the high beam for walking warm up exercises (dip steps, releve' walking in all directions, marching)
- Coupe' balance hold, with arms stretched sideward (10 seconds)
- Jump series (two connected straight jumps)
- Handstand (low beam)
- Lever
- 2 connected pivot turns

Floor Exercise:

- Handstand hold
- Handstand forward roll (straight arms)
- Backward roll-to-push up position (incline mat)
- Handstand hold-to-bridge kickover
- Power hurdle cartwheel
- Power hurdle round-off
- Back walkover

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.