



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. 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.

Shooting Stars – Goals

Vault:

- Proper running technique for sprint, demonstrating an accelerated run
- Handspring on vault table (land on back using stacked mats)
- Aggressive board hit onto vault table

Bars:

- Glide
- Squat on jump to high bar
- Long Hang Pullover
- Front hip circle
- Sole circle dismount **from high bar**
- Kip swing

Balance Beam:

- Cartwheel to handstand (hold) ½ turn dismount
- Round off dismount
- ½ Turn (on one foot)
- Scale balance hold **at horizontal**, with arms stretched sideward
- Split jump
- Jump series (straight jump, split jump connected)
- Handstand (hold)
- Cartwheel

Floor Exercise:

- Front handspring step out
- Front handspring
- Aerial
- Round-off – back handspring – back handspring
- Standing back tuck
- Round-off – back handspring – back tuck
- Punch front
- Back extension
- Full turn (on one foot)
- Split leap

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.