



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.

Tumble 3-Goals

(Coaches make the final decision on moving up based on skill accomplishment, attitude, good work ethic, and confidence.)

Rolls/ Handstands:

- Handstand forward roll with straight legs to stand
- 5 second handstand hold
- Walking handstand (must maintain body control)
- Back extension roll
- Dive roll

Front Tumbling:

- Front walkover
- Front handspring step out
- Front handspring
- Front handspring step out to round- off
- Front handspring step out to round- off back handspring

Back Tumbling:

- Handstand snap down
- 1-2-3 drill
- Shoulder shrugs
- Shoulder flexibility
- Bridge rocks
- Bridge with 10 leg kicks on each leg
- Back handspring
- Round- off back handspring

The skills listed above are the main focus of the class, however specific drill 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.