



## Hot Shots (6-8 yrs)

Please look over the following goals for your child's class and let us know if you have any questions we can help you answer.

Dear Parents and Gymnasts,

Welcome to American Allstars Gymnastics Academy! We are very excited to have your family join our family. Our goal is to make sure that every gymnast gets the most out of their time with us, so they will be placed in skill and age appropriate classes. Coaches will monitor each gymnast's progress on a continuous basis and will notify you as soon as your child has mastered all of the goals of their class and is ready to move up to the next level.

Your child's safety is our top priority, so our coaches will teach skills using proper progressions. This requires that certain skills be mastered before moving on to more difficult ones. If you have any questions regarding your child's progress please contact the main office at **248-668-9805**.

Again, we welcome you and thank you for giving us the opportunity to teach and mentor your child during their gymnastics experience.

*Very Sincerely,*

**American Allstars Staff**

[www.AmericanAllstarsKids.com](http://www.AmericanAllstarsKids.com)

### **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**
- \* Dive roll onto stacked mats
- \* Heel drives
- \* Handstand hops
- \* Handstand to a flat back landing

### **Bars:**

- \* Pullover from a pike position
- \* Connected casts in a tight body
- \* Back hip circle
- \* Sole Circle (using block)
- \* Tap swings (regrasping in the back swing)
- \* Bent arm hang for 15 seconds
- \* Pike and straddle glides
- \* Connected pullover, 3 casts, back hip circle
- \* Forward roll to a bent arm hang hold
- \* Upside down hollow body hold

### **Balance Beam:**

- \* Front support v-sit mount
- \* Cartwheel to handstand dismount
- \* Round off dismount
- \* Proper technique for walking warm up exercises, **must be in releve'** (walking in all directions and kicks in all directions)
- \* Scale balance hold in front and back
- \* Tuck Jump
- \* Jump series (two jumps connected)
- \* Lever
- \* Handstand kick up
- \* 2 connected pivot turns

### **Floor Exercise:**

- \* Handstand **Hold**
- \* Handstand Forward Roll
- \* Handstand to bridge position (front limber)
- \* Hurdle cartwheel
- \* Hurdle Round-off
- \* Tick Tock
- \* Back Walkover
- \* Handstand shoulder shrugs
- \* Handstand snap ups