



Little Twisters 1 (5.5-6 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

Vault:

- * Walking lunges and power skipping
- * Working proper run and arm placement
- * Proper board drills, hitting with two feet and pushing to straight body with a safe landing
- * Board hit, straight body jump onto a raised surface
- * Squat on to stacked blocks

Bars:

- * Front support (straight arms)
- * Tight body casting with hips off the bar
- * Forward roll dismount
- * Pullover up incline against the wall
- * Pullover
- * Bent arm hang for 10 seconds
- * 3 Straight body swings with proper form
- * Jump to the bar and hold a tuck, pike and straddle
- * Straddle & pike toe swings
- * Monkey bars

Balance Beam:

- * V-sit mount on low beam
- * Walk Forward, sideways, & backwards in releve' on low beam
- * Marching
- * Dip steps
- * Flamingo & Coupe' hold for 5 seconds
- * Bunny hops
- * Straight body jumps
- * Scale hold in front for 5 seconds
- * Straight body & Tuck jump dismount

Floor Exercise:

- * Straight body jump, tuck jump, jump ½ turn
- * Rocking chair and Rock-n-roll
- * Straight body forward roll
- * Straddle forward roll
- * Straddle backward roll on incline
- * Straight body backward roll on incline
- * Cartwheel
- * Spider climb handstand for 10 seconds
- * Split handstand
- * Beginning bridge on incline