



## **Boys - Mavericks 2**

*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 determine when more difficult skills can be worked on.

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 drills
- \* Accelerated sprint
- \* Arm circle board entry to raised surface
- \* Heel drive to handstand
- \* Handstand block to back on resi mat
- \* Front handspring over vault trainer
- \* Dive roll
- \* Front tuck
- \* Handstand hops

### **Bars:**

- \* Pike pullover
- \* Long hang pullover
- \* Tight body casting
- \* Back hip circle
- \* Tap swings
- \* Glide swing
- \* Kip
- \* Squat on
- \* Sole circle
- \* Tap swing ½ turn dismount
- \* Rope climb
- \* Bent arm hang on the rings
- \* Front support hold on the rings

### **Floor:**

- \* Handstand (hold)
- \* Handstand forward roll
- \* Dive roll
- \* Backward roll with straight arms to push up position
- \* Back extension
- \* Back handspring
- \* One arm cartwheel
- \* Hurdle Round-off
- \* Front tuck
- \* Front handspring
- \* Press Handstand

### **Flexibility:**

- \* Correct form for both hamstring stretches
- \* Splits