



Minibursts (60 minutes)
&
Starbursts (90 minutes)

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:

- * Proper running technique for sprint, demonstrating an accelerated run.
- * Strong board hit with arm circle board entry
- * Dive roll onto a resi mat.
- * Handstand hops
- * Heel drive drills
- * Handstand block to a flat back

Bars:

- * Connected tight body casts
- * Back hip circle with one cast (high bar)
- * Squat on (with spot)
- * Sole circle dismount from a cast
- * Tap swings with re-grasp
- * Long hang pullover
- * *Connected* pullover, 1 cast, back hip circle, sole circle dismount
- * Connected pullovers
- * Straddle and pike glides

Balance Beam:

- * Cartwheel to handstand 1/2 turn dismount
- * Barani dismount
- * Heel snap 1/2 turn / step 1/2 turn
- * Forward roll
- * Split Jump
- * Jump series (2 connected jumps)
- * Handstand
- * Backward shoulder roll
- * Cartwheel (low beam)

Floor Exercise:

- * Tick tock
- * Front Limber / Front walkover
- * High leg back walkover
- * Round-off rebound
- * Standing back handspring
- * Aerial cartwheel
- * Round-off back handspring
- * Front handspring
- * Back extension
- * Straight arm handstand forward roll
- * Split leap
- * Straight, tuck, straddle, and wolf jumps