



Starlights (8 yrs & Up)

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 run and arm placement
- * Standing arm circle board entry
- * Running board hit with arm circle
- * Proper board drills
- * Walking lunges & power skipping w/ opposite arms
- * Correct landings
- * Squat -on Vault

Bars:

- * Front support hollow body hold
- * Tight body casting
- * Pullover (walking feet up the wall)
- * Pullover mount
- * Pullover, 3 casts, forward roll dismount to a bent arm hang in a pike
- * Bent arm hang for 10 seconds
- * Straight body swings re-grasping the bar
- * Back hip circle
- * Glide
- * Straddle toe swing

Balance Beam:

- * V-sit mount on low and high beam
- * Releve' walks forward, sideways, and backwards on low and high beam
- * Bunny hops on high beam
- * Straight body jumps on low beam
- * Pivot and squat turns
- * Front kicks and back kicks
- * Front support mount on high beam
- * Front and back scales
- * Tuck and straddle dismounts

Floor Exercise:

- * Straight body and straddle forward rolls
- * Straight body and straddle backward rolls
- * Split, Switch Legs & Straight body handstand
- * Cartwheel
- * One-arm cartwheel
- * Hurdle cartwheel
- * Bridge / Bridge kick-over on incline
- * Backbend
- * Back bend kick-over