



Super Stars (7yrs & 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 determine when new skills are ready to 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

Vault:

- * Proper running with an accelerated run
- * Heel drives
- * Handspring flat back (vault table & resit mat)
- * Handspring on vault table to feet
- * Half on
- * Half on - half off

Bars:

- * Kip
- * Squat on jump to high bar
- * Long Hang Pullover
- * Back Hip Circle **on high bar**
- * Sole Circle Dismount **from high bar**
- * Tap Swings
- * Fly away
- * Clear hip
- * Long hang kip

Balance Beam:

- * Front Tuck/Back Tuck Dismount
- * Step full turn (on one foot)
- * Split jump connection
- * Split leap
- * Front handstand hold for 3 seconds
- * Cartwheel
- * Back shoulder roll
- * Round off
- * Back Walkover

Floor Exercise:

- * Front Walkover
- * Front handspring (step out & rebound)
- * Fly spring
- * Aerial cartwheel
- * Dance passage
- * Press handstand
- * Standing back handspring series
- * Round-off double back handspring
- * Round-off, back handspring, back tuck
- * Front tuck
- * Round-off, back handspring, layout
- * Front handspring - front tuck