

NAME

GOALS

NOTES

# RECREATIONAL SKILLS ACHIEVEMENT



## CONTACT

18002 East Clarke Road  
Parker, CO 80134  
**303-955-7066**  
office@leapsgym.com

[www.leapsgym.com](http://www.leapsgym.com)



**LEAPS**  
*School of Gymnastics*

# LEVEL 1



## VAULT

COMPLETED

- Arm Circle on Dots
- Tuck Jump on Vault Table
- Straight Jump Stick on 8in
- Handstand Flatback on 8in
- Presentation Series



## BEAM

COMPLETED

- Level 1 Mount
- Crown, Side Middle Arm Hold
- Releve, Coupe, Passé, Kick
- Lunge, Lever
- Straight Jump off High Beam



## BARS

COMPLETED

- Pullover
- Cast (3 in row)
- Pike, Chin, Tuck Hold (5 Sec)
- Uprise
- Castaway



## FLOOR

COMPLETED

- Forward Roll
- Backward Roll
- Cartwheel w/ Hand mat
- Lunge-Lever-3/4 Handstand
- Bridge Hold (5 Sec)



## SPORTSMANSHIP

COMPLETED

- Attitude
- Respect
- Listening
- Effort
- Flexibility
- Strength

# LEVEL 2



## VAULT

COMPLETED

- Straight Jump on Table
- Arm Circle x2 on Springboard
- Handstand Flatback on Resi
- Heel Drive w/ Norbert (5 Lifts)
- Handstand Block on Hand Mat
- Seal Drop Handstand Flatback over boulder



## BEAM

COMPLETED

- Level 2 Mount
- Half Turn
- Lunge Lever TicToc
- Side Handstand Dismount
- Split Jump (60°), Straight Jump
- Arabesque, Bunny Hop, Long Jump



## BARS

COMPLETED

- Glide Swing
- Cast (5 in Row)
- Back-hip-circle
- Pullup (5 Chin Above Bar)
- LegLifts (5 Belly Button Level)
- Sole-Circle Dismount



## FLOOR

COMPLETED

- Handstand
- Round-off-Rebound
- Straight Arm Backward Roll to Push-Up
- Bridge Kick-over
- Chasse step leap, Split Jump (60-90 Degrees)
- ½ Turn



## SPORTSMANSHIP

COMPLETED

- Attitude
- Respect
- Listening
- Effort
- Flexibility
- Strength

# LEVEL 3



## VAULT

COMPLETED

- Handstand Flatback over Table
- Front Handspring Over Resi
- Heel Drive w/ Norbert (10 Lifts)
- Arm Circle Stretch Jump Stick w/ Bosu Ball
- Handstand Block Up to Panel Mat
- Seal Drop Handstand Flatback over Boulder
- Run Series (Deer, High Skip, Quick Skips, High Knees, Booty Kickers, Sprint)



## BEAM

COMPLETED

- Level 3 Mount
- Lunge Lever Handstand
- Full Turn on 1 foot
- Side Handstand ¼ turn dismount
- Split Jump (90°), Tuck jump, Straight Jump
- Cartwheel on Low Beam
- Chasse Leap



## BARS

COMPLETED

- Kip
- Cast Horizontal
- Squat On Low Bar
- Tap Swing
- Under-swing Dismount
- Leg Lifts (8 Belly Button Level)
- Pullup (8 Chin Above Bar)



## FLOOR

COMPLETED

- Back-walkover
- Handstand Straight Arm Forward Roll
- Roundoff-Backhandspring
- Front Handspring
- 1/1 Turn
- Chasse Step leap w/ Jump
- Split Jump (90-120 degrees)



## SPORTSMANSHIP

COMPLETED

- Attitude
- Respect
- Listening
- Effort
- Flexibility
- Strength