

# SKILLS TESTING FORM

This skills testing form will be used on Sunday afternoon during the skills testing session. Please have it filled out accurately and ready to turn in before arriving at gymnastic camp registration. Some of the terminology used on this form may be unfamiliar to parents and young gymnasts, if so, please ask the gymnast's coach to help you with this form. Also, please write only in the shaded areas, as we will need the unshaded areas for the evaluation process (Score, Event Total, and Total Score).

**Instructions:** Please fill in each shaded area (Please print clearly):

**Name:** Campers Name

**Age:** Give the gymnasts age at the start of camp

**Competition Level:** List the level camper competed at during the 2004-2005 season. If she hasn't yet competed, write "NC".

**Club:** Club, Gymnastics School, or High School Team gymnast is associated with.

Under each event (**Vault**, **Bars**, **Beam**, and **Floor**), the skills are listed from easiest at the top, to the most difficult at the bottom. Please circle each number corresponding to the skills the camper can perform safely on their own without any type of spot on a competition landing surface. The campers will need to be prepared to demonstrate to our staff the skills she has indicated she can do.

The information from this form and the evaluation process will be used to place each gymnast in the most appropriate group based on their demonstrated skill level.

Name:	Circle Below	Score	Age:	Circle Below	Score	Competition Level 2003-2004:	Circle Below	Score	Club:	Circle Below	Score
<u>VAULT</u>			<u>BARS</u>			<u>BEAM</u>			<u>FLOOR</u>		
Run and Jump off Board	1		Swing or Glide	1		Walk on Beam	1		Forward Roll	1	
Straight Jump up to mats	2		Cast to Horizontal	2		½ Turn	2		Handstand	2	
Squat On Vault	3		Back Hip Circle	3		Run on Beam	3		Cartwheel	3	
Handspring (Level 4) to Back on Stack of Mats	4		Glide Kip	4		Leap or Jump	4		Walkover (Front or Back)	4	
Handspring (over vault) to feet	5		Kip Cast above Horizontal	5		Full Turn	5		Back Handspring or FHS	5	
½ On or HS ½ Off	6		Clear Hip above Horizontal	6		Handstand Step Down	6		Round Off BHS	6	
HS Full or ½ On-Full Off	7		Kip Cast Handstand (or Clear Hip Circle to Handstand)	7		Cartwheel	7		R/O BHS Tuck or FHS F Tuck	7	
Tsukahara (Tuck, Pike, Layout)	8		Giant (Front or Back)	8		Walkover (Front or Back)	8		R/O BHS Layout or FHS F LO	8	
HS Front or Yurchenko (w / flip)	9		Giant w/ ½ or Full Turn	9		Handspring (Front or Back)	9		Full Twist (Front or Back)	9	
Twisting Flipping Vault	10		Major Release Skill (D+)	10		Acro Series (BHS-BHS+)	10		Double Back	10	
<b>Vault Total:</b>			<b>Bars Total:</b>			<b>Beam Total:</b>			<b>Floor Total:</b>		

Total Score: