

# Boys Beginner Sticker Chart



Gymnast: \_\_\_\_\_

Day: \_\_\_\_\_ Time: \_\_\_\_\_

All holds and hangs for 3 seconds.

\* Coach spotted skill

<u>Floor</u>	<u>Pommel Horse and Mushroom</u>	<u>Still Rings</u>	<u>Vault</u>	<u>Parallel Bars</u>	<u>Horizontal Bar</u>	<u>Tumbl Trak</u>	<u>Strength and Flexibility</u>
<i>Forward Roll</i>	<i>Support walk on PH, 5 steps</i>	<i>3 swings</i>	<i>15 Bungee Rebounds</i>	<i>Safety dismount</i>	<i>3 Casts</i>	<i>Straight Jumps w/ arm circles</i>	<i>30 sec tuck hollow hold</i>
<i>90° Scale</i>	<i>Rear support (20 seconds)</i>	<i>Tuck Hang</i>	Bounce Back Drill	<i>Straddle travel</i>	Lean back to candlestick*	<i>Safe Landing Position (SLP)</i>	<i>Bridge with elevated feet</i>
<i>Cartwheel</i>	<i>Circle walk arounds x 10</i>	<i>Inverted Hang*</i>	<i>Straight Jump on 8" to SLP</i>	20 sec Support hold	<i>Chin-Up, Pull Over</i>	<i>1/1 Turn</i>	<i>2 Pull Ups 2 Chin ups</i>
<i>Lunge to ¾ Handstand</i>	Half circle- tight arch walk around	Tight arch rocks x10	<i>Skips</i>	<i>Support Swings</i>	<i>Long hang travel</i>	Donkey Kick	<i>Raised 30 sec front support</i>
<i>Headstand</i>	<i>¼ Hop arounds</i>	German Hang	<i>Accelerated Run on toes</i>	<i>Under bar swings</i>	<i>3 glide swings with 1 regrip</i>	<i>Combination Jumps</i>	<i>Elbows down pancake</i>

Recommendation for future session: \_\_\_\_\_ Coach: \_\_\_\_\_