



Novice Sticker Chart

Gymnast: _____

Session: _____

Vault	Bars	Beam	Floor	Tumbl Trak	Strength/Flex
Deer run	Glide swings w/ re-grips	Relevé walks in passé	Backward roll	Arm circle drill	10 Sec. straight leg hollow hold
Accelerated run	Cast back hip circle	Turn prep, hold	Backbend	Pike jump	5 Push ups
Grapevine run	Cut backwards	Rond de Jambe to arabesque 45°	Handstand bridge	Split jump	10 Jump lunges
5 wall pushes w/ straight arms	Squat-on floor bar	Stretch jump, stretch jump	Running cartwheel	Jump 1/1 turn	30 second jump rope
Bounce back onto panel	Jump sole circle	Whip swings	Bridge kick over down wedge	Jump combo	30 second arch hold
Donkey kick to handstand flat back	Hollow hold 10 seconds	Leap on line	Back handspring over octagon	Donkey kick to 90°	10 second handstand hold against wall
Running cartwheel on line	5 sec. hold toes to bar	¾ handstand on line	Leap	Power hurdle to lunge	10 Candlestick jumps onto panel
Run, straight jump onto 16" mat, SLP	1 pull up	Side handstand to plank on line	½ Turn	Push up bounce 3 times in a row	Split 6" from ground
Straight jump - handstand flat back onto vault system	Candlestick hold 5+ seconds	Cartwheel on line	Split jump to 90°	Small run, hurdle, straight jump, SLP on mat	Straddle 8" from ground

Recommendation for future session _____ Coach: _____

*This sticker chart is valid for 6 months after the end of the session.