



## Floor & Vault Gymnastics Squad

### Entry Assessment and Review Sheet

Name : \_\_\_\_\_

Trial / Assessment (please circle)

Transfer Club: \_\_\_\_\_

Show Splits on each leg:  Competent <input type="checkbox"/> Working Towards <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>	Show correct technique and shape in Bridge:  Competent <input type="checkbox"/> Working Towards <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>	Show a held handstand:  Competent <input type="checkbox"/> Working Towards <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>	Demonstrate Bridge and Kick with good technique:  Competent <input type="checkbox"/> Working Towards <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>	Demonstrate Strength elements on home conditioning set:  Competent <input type="checkbox"/> Working Towards <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>
Chin Up in grasp of choice:  Competent <input type="checkbox"/> Working Towards <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>	Demonstrate held Piked Leg Lift to bar:  Competent <input type="checkbox"/> Working Towards <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>	Show good dish to arch swings on the bar, with regrasp:  Competent <input type="checkbox"/> Working Towards <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>	Squat Through or Straddle Over on Vault without assistance:  Competent <input type="checkbox"/> Working Towards <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>	Show a Handstand flatback on a crash mat, with god shape:  Competent <input type="checkbox"/> Working Towards <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>
Move confidently along the beam in a variety of ways:  Competent <input type="checkbox"/> Working Towards <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>	Demonstrate good grasp of additional Basic floor skills:  Competent <input type="checkbox"/> Working Towards <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>	General Approach to learning, including effort and attitude to new skills: 5 4 3 2 1	<b><u>Lead Coach Decision:</u></b>  <b><u>Extended Trial Offered:</u></b> Yes <input type="checkbox"/> No <input type="checkbox"/>	<b><u>Any Additional Information</u></b>         <b>Pass Rate is 60%</b>