



Tumbling Advanced Skill Tracking Booklet



Student Name

Once a skill is achieved at least 3 times without a spot, a star will be placed next to the skill to show that it has been completed.

Once all skills have a star, bring this booklet to the front desk so you may move up to the next level.

Remember that skills take time to learn and master, practice and repetition make perfect! Never give up!



Floor

Handstand to Bridge

Back Extension Roll

Back Walkover

Front Walkover

Front Handspring

Back Handspring

Round Off Back Handspring

Back Tuck

Aerial



Trampoline

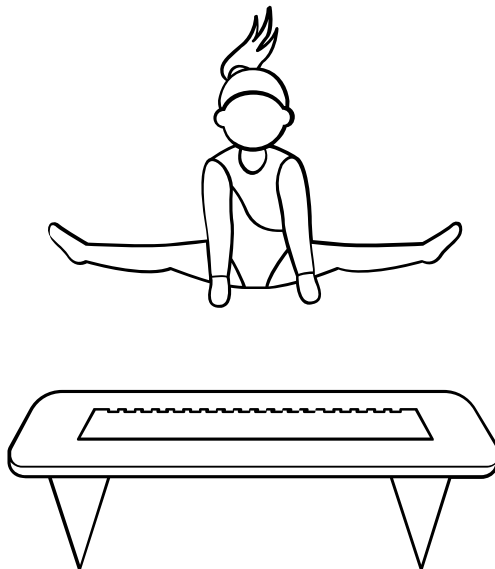
Back Tuck (1 Jump)

Front Tuck (1 Jump)

Round Off Double Back Handspring

Aerial

Round Off Back Tuck



Strength/Flexibility

15 V-Ups

5 Push Ups

10 Burpees

30 Second Hollow Hold

Left Leg Split

Right Leg Split

Middle Split



Disclaimer:

This booklet is the gymnasts responsibility to take care of. It can not be held onto by ACE Gymnastics.

Gymnasts may bring the booklet to class to have their coach fill it out when skills are achieved, but must be taken home.

If you lose your booklet, you may print out a new one on our website for free or purchase a new one at the front desk.