

Mini Team – Level 1 (2009)

VAULT

Handstand drill using wedge and mini tramp. Vault table set to “0”. Flat back onto stack mats from tumble tramp (No Spot). Hurdle underarm swing, onto springboard, straight jump onto one red mat (8 in.)

BARS

Back hip pullover (spot), cast back hip circle (spot), cast dismount. Straddle glide kip – shin to bar, (spot), cast back hip circle (spot), cast sole circle dismount (spot). Squat on (spot) prep bar elevated on panel mats, dismount forward.

BEAM

Routine must be memorized and performed on low beam.

Jump to front support mount (facing inward). “V” sit. Candlestick. Arabesque. Coupe’ walks (hoh). Releve’ walks (arms up). Straight jump (arms up). Pivot 1/2 turn (arms up). Straight jump 1/4 turn (arms up). Straight jump dismount, Salute.
(hoh)= hand on hips

FLOOR

Pose. Handstand forward roll, stand up (no hands). Backward roll in tuck position, stand up. Cartwheel. Split jump. Candlestick. Standing back handspring step out (spot), splits. Swing *back leg* forward to flat back (arms up). Side roll to stomach, push up, tuck legs in, stand up. Leg swing (L & R, once each, hoh), coupe’ walks forward (2 x each foot). Straight jump, Tuck jump (arms up). “Y” pose, back leg extended.

Round off back handspring connected with a spot.

Mini Team – Level 2 (2009)

VAULT

Front handspring using wedge and mini tramp (front and back spot). Vault table set to “0”.

Flat back onto stack mats from tumble tramp.

Hurdle underarm swing, onto springboard, straight jump onto one red mat (8 in.)

BARS

Back hip pullover (safety spot), cast back hip circle (safety spot), cast dismount.

Straddle glide kip (spot), cast back hip circle (safety spot). Cast, long hang pullover (spot). Cast sole circle dismount (safety spot).

Squat on (spot) prep bar elevated on panel mats, dismount forward.

BEAM

Routine must be memorized and performed on low beam.

Jump to front support mount (facing inward). V-sit. Cartwheel (spot). Step, step, pivot 1/2 turn. Arabesque, leg swings (L &R, hoh). Step, releve' balance (2 sec.). Coupe' walks forward (2 x each foot, hoh). Straight jump, Tuck jump (arms up). Step 1/2 turn (arms up). Straight jump 1/4 turn (arms up). Tuck jump dismount, Salute.

FLOOR

Pose. Handstand forward roll to stand (no hands). Pivot 1/2 turn. Back handspring step-out (spot). Cartwheel. Backward roll to pike stand. Handstand step down. Front leg balance (45 degrees, hold 1 second). Split jump. Step 1/2 turn. Straight jump 1/2 turn. Forward chasse'. Tuck jump. Split leap landing in arabesque, step, step, round off rebound, “Y” pose, back leg extended.

Round off back handspring (safety spot)

Mini Team – Level 3 (2009)

VAULT

Front handspring using aero board (front and back spot). Vault table set to “0”.

Flat back onto stack mats from tumble tramp.

Hurdle underarm swing, onto springboard, straight jump onto one red mat (8 in.)

BARS

Back hip pullover (no spot), cast – back hip circle (no spot), Squat on (spot), jump to high bar (spot), tap swing 2x, release between the bars dismount (Safety spot on dismount)

Straddle glide kip (spot), cast back hip circle, cast long hang pullover (spot). Cast layout flyaway drill with spot (*Try and reach for the high bar with your toes*).

Squat on (spot) prep bar elevated on panel mats, dismount forward.

BEAM

Routine must be memorized and performed on mid beam.

Jump to front support mount. V-sit. Swing to squat position, step to push-up position. Jump legs forward to a tuck stand. Stand to releve’. Squat 1/2 turn (arms up). Arabesque. Step, Kick, Lunge. Cartwheel (safety spot) Kick to partial cross handstand (spot). Split leap – land in arabesque. Step 1/2 turn. Split jump, tuck jump. Cartwheel to side handstand (1 second hold), dismount, Salute.

FLOOR

Pose. Lever in, handstand forward roll, stand up (no hands). Power hurdle, round-off rebound. Backward roll to a hand stand (spot), stand up. Cartwheel arabesque. Standing back handspring step-out (safety spot). Front leg 45 degree (hold, 2 seconds). Step 1/2 turn leg extended. Split leap arabesque. Split jump, tuck jump, straight jump 1/2 turn (3 jump series), “Y” pose, back leg extended.

Round off back handspring (no spot)

Pre Team – Level 4 (2009)

VAULT

Front handspring vault using aero board (spot front & back). Must show underarm swing.

BARS

Back hip pullover on low bar

Straddle glide kip (spot). Back hip circle. Squat on (spot), must jump to high bar within 3 seconds. Long hang glide kip (spot). Long hang pullover (spot), Back hip circle. Cast, layout flyaway drill from high bar (spot).

BEAM

Routine must be memorized and performed on mid beam.

Start routine at end of beam closest to gate. Face towards the flags.

Leg swing mount with 1/2 turn. V-sit. Swing to tuck stand. Coupe' step, 1/2 turn in forward coupe'. Split leap, landing in arabesque (pause), Flamingo stand, kick out into Handstand in cross position (Spot). Leg swings forward 45 degrees then back 45 degrees and then put foot on beam behind. Step full turn in forward coupe' Straight jump 1/2 turn. Tuck jump. Arabesque (1 second), Scale (2 seconds). Pivot 1/2 turn. Cartwheel. Rebound dismount.

FLOOR

Pose. Handstand forward roll. Cartwheel arabesque. Straight jump 1/2 turn, split jump. Dive roll to stand arms up. Front handspring step out (Spot). Split leap. Splits to the floor (facing the closest corner). 1/2 turn, split on the floor then stand up. Prance steps. One arm cartwheel. Back extension roll to handstand (spot), step out. Dive cartwheel. Back handspring step out. Running round-off back handspring, back handspring. Step back, Pose.

Pre Team – Level 5 (2009)

VAULT

Front handspring vault using aero board (spot on front side).
Must show underarm swing.

BARS

Facing low bar, pullover on high bar (safety spot). Cast, under swing (spot), counter swing dismount (spot).

Straddle glide kip (no spot). Back hip circle. Squat on (no spot), Must jump to high bar within 3 seconds, long hang glide kip (spot). Cast to long hang pullover (no spot). Back hip circle. Cast, layout flyaway dismount (spot).

BEAM

Routine must be memorized and performed on mid beam.

Start routine at end of beam closest to gate. Face towards the flags.
Leg swing mount with 1/2 turn. V-sit. Stand. Coupe' step, 1/2 turn in forward coupe'. Split leap, landing in arabesque (pause), Flamingo stand, kick out into Handstand in cross position. Leg swings forward 45 degrees then back 45 degrees w/ 1/2 turn. 1/2 turn pivot (left & right). Step full turn. Cartwheel. Straight jump. Split jump. 2 steps in releve'. Arabesque (1 second), Scale (2 seconds). Cartwheel, back tuck dismount (spot).

FLOOR (start in the middle)

Pose. Handstand forward roll. Cartwheel arabesque. Straight jump 1/2 turn, split jump. Dive forward roll to stand arms up. Tuck jump 1/2 turn. Front handspring to two feet, rebound. Split leap, side leap. Splits to the floor (face to the middle of floor). 1/2 turn, split on the floor then stand up. Prance steps towards the edge. Step 1/2 turn with leg extended horizontal. Quick steps backwards in releve'. Step aerial (safety spot). Back extension roll to handstand (spot), step out. Step full. Hitch kick. Fouette. Back handspring step out. Running round-off back handspring, back tuck (spot). Pose.

Pre Team – Level 6

VAULT

Front handspring vault using aero board.

Must show underarm swing.

BARS

Facing the low bar, pullover on high bar. Cast, under swing, counter swing dismount. (*Learning progression for back uprise.*)

Straddle glide kip. Back hip circle. Squat on, Must jump to high bar within 3 seconds, long hang glide kip. Cast to long hang pullover. Back hip circle. Cast, layout flyaway dismount (safety spot).

BEAM

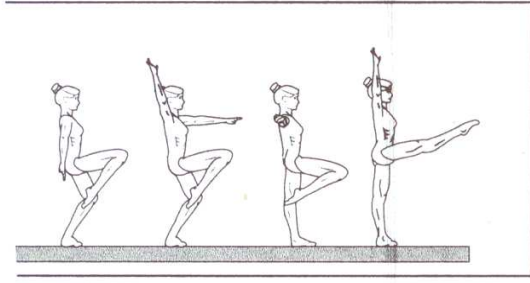
Routine must be memorized and performed on high beam.

Leg swing mount with 1/2 turn. V-sit. Stand. Coupe' step (2), side developpe', rond de jambe, Step 1/2 turn with leg extended. Split leap, landing in arabesque (pause), move to forward passe'. Windmill 1/2 pivot turn. Two steps in releve'. Standing back handspring step out (spot). Leg swings forward 45 degrees then back 45 degrees and then put foot on beam behind. 1/2 turn pivot (left & right). 1/4 turn pose, 1/4 turn fish pose. Step full turn. Cross Pose. Tuck jump 1/2. Split jump. Pose #15 (Feet together, legs in demi-plie' and releve'. Move both arms to forward middle and cross the wrist then immediately switch the arms pacing opposite wrist on top). 2 steps in releve'. Arabesque (1 second), Scale (2 seconds). Bow. Cartwheel, back tuck dismount (safety spot) (would like to see cartwheel and tuck connected).

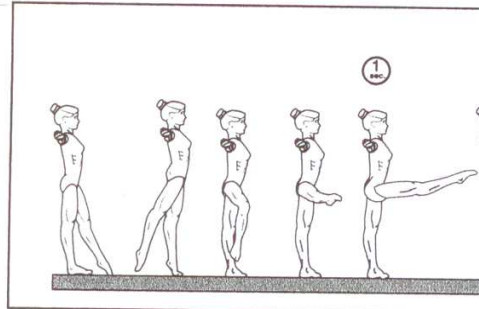
FLOOR

Pose. Handstand forward roll. Cartwheel arabesque. Straddle jump, Straight jump full. Standing back handspring step out. Running front tuck (spot). Tuck jump 1/2. Front handspring step out, front handspring to two feet. Split leap, side leap. Splits to the floor. 1/2 turn, split on the floor then stand up. Prance steps. Step 1&1/2 turn. Aerial. Forward chasse'. Back extension roll to handstand, step out. Step full turn with leg extended. Hitch kick, Fouette. Back handspring step out. Running round-off back handspring, back tuck. Pose

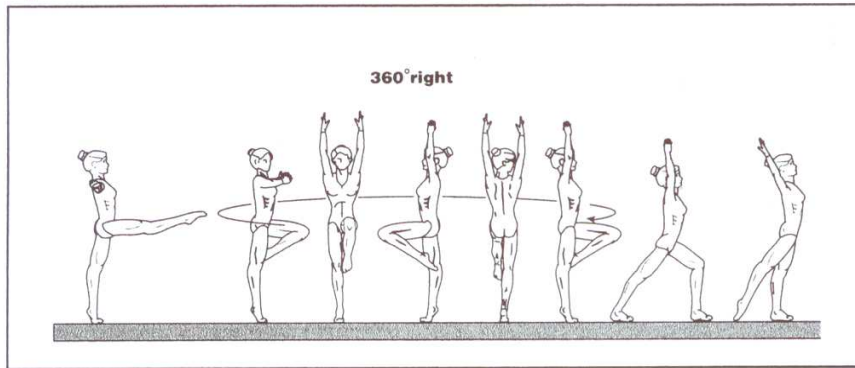
POSE , FLAMINGO



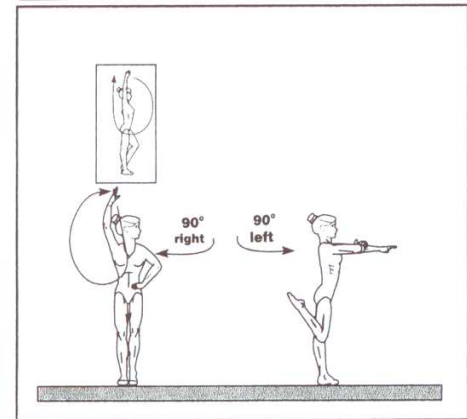
COUPÉ, SIDE DÉVELOPPÉ, ROND DE JAMBE (0.40)



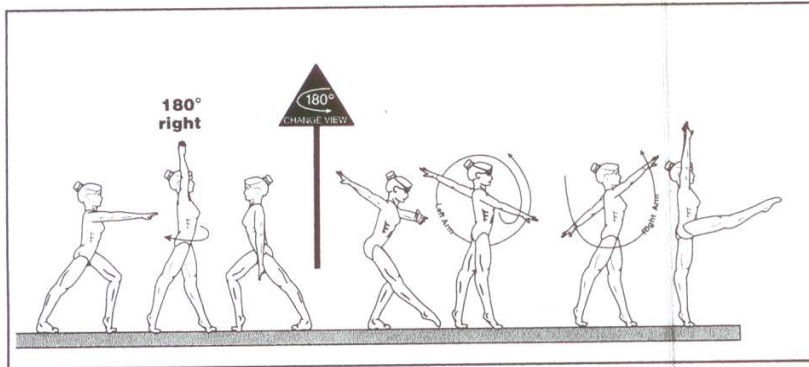
(360°) TURN IN FORWARD PASSÉ (0.40)



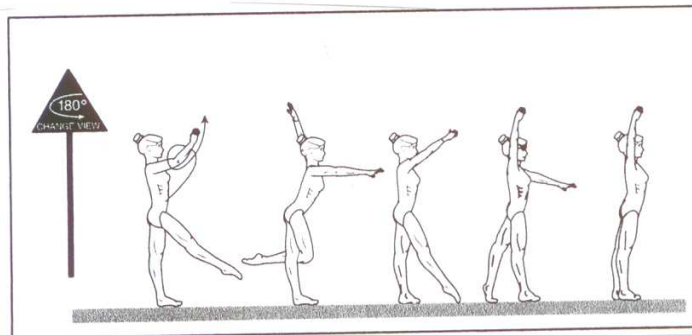
¼ (90°) TURNS, FISH POSE



BOW , WINDMILL



CROSS POSE



15. POSE, RELEVÉ STEPS

