

Name:

Fairfax Gymnastics Tryout Assessment Form

Scale: 1 = mastered skill 2 = can do but still needs work 3 = can do with spot

Vault

Front Handspring	Half On/Half Off	Tsuk
Yurchenko	Other:	

Bars

Back hip pullover	Kip	Single leg shoot through
Switch kip	Squat on jump to high bar	Long hang kip
Back hipcircle	Front hipcircle	Sole circle
??? catch high bar	Cast to handstand	Free hip handstand
Giant	Shoot over	Flyaway
Other		

Beam

Full turn	Split leap	Switch leap
Tuck jump	Tuck jump 1/2	Tuck jump 3/4
Wolf jump	Straddle jump	Pike jump
Sissone leap	Cartwheel	Backwalkover
Front walkover	Backhandspring	Back tuck
Dismount:		

Floor

Full turn	1.5 turn	Double turn
Tuck jump 1/2	Tuck jump 3/4	Straddle Jump 1/2
Straddle Jump 1/1	Switch leap	Handstand Piourette
Walkovers	RO 2XBackhandspring	Aerials
RO Bhandspring B tuck	Front handspring series	Full
Leap Jump combos:		

Other skills not listed and assessment: