

# Hawkeye Gymnastics Camp

## SKILLS TESTING FORM

This skills testing form will be used on Sunday afternoon during the skills testing session. Please have it filled out accurately and ready to turn in before arriving at gymnastics camp registration. Some of the terminology used on this form may be unfamiliar to parents and young gymnasts, if so, please ask the gymnast's coach to help you with this form. Also, please write only in the shaded areas, as we will need the unshaded areas for the evaluation process (Score, Event Total, and Total Score)

**Instructions:** Please fill in each shaded area (Please print clearly)

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

**Age:** \_\_\_\_\_

**Competition level:** \_\_\_\_\_

**Club:** \_\_\_\_\_

Under each event (**Vault, Bars, Beam, and Floor**), the skills are listed from easiest at the top, to the most difficult at the bottom. Please circle each number corresponding to the skills the camper can perform safely on their own without any type of spot on a competition landing surface. The campers will need to be prepared to demonstrate to our staff the skills she has indicated she can do.

The information from this form and the evaluation process will be used to place each gymnast in the most appropriate group based on their skill level.

Name:		Score	Age:		Score	Competition Level:		Score	Club:		Score
Vault			Bars			Beam			Floor		
Run and Jump off Board	1		Swing or Glide	1	Walk on Beam	1	Froward Roll	1			
Straight Jump up to Mats	2		Cast to Horizontal	2	1/2 Turn	2	Handstand	2			
Squat on Vault	3		Back Hip Circle	3	Run on Beam	3	Cartwheel	3			
Handspring to Back on Stacked Mats	4		Glide Kip	4	Leap or Jump	4	Walkover (Front or Back)	4			
Handspring over Vault to Feet	5		Kip Cast above Horizontal	5	Full Turn	5	Back Handspring or FHS	5			
1/2 on or HS 1/2 off	6		Clear Hip above Horizontal	6	Handstand Step Down	6	Round off BHS	6			
HS 1/1 or 1/2 on 1/1 off	7		Kip cast Handstand (or Clear Hip to Handstand)	7	Cartwheel	7	R/O BHS Tuck or FHS front Tuck	7			
Tsuk (tuck, pike or LO)	8		Giant (Front or Back)	8	Walkover (Front or Back)	8	R/o BHS LO or FHS F LO	8			
HS Front or Yurchenko	9		Giant w/ 1/2 or 1/1 turn	9	Handspring (Front or Back)	9	Full Twist (Front or Back)	9			
Twist Flipping Vault	10		Major Release	10	Acro Series (BHS-BHS)	10	Double Back	10			
<b>Vault Total:</b>			<b>Bars Total:</b>			<b>Beam Total:</b>			<b>Floor Total:</b>		

<b>Total Score</b>
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