

# Level C

## Vault:

- run , hurdle dive roll onto resi or trapezoids
- Three bounce handstand on resi or trapezoids
- Kick to handstand, flat back on 8'
- Stand on block, arm scoop to jump
- Kick into round-off over brown vault topper (T-hands)
- Handstand hold against cheese mat (back against wall)
- Tree fall (spotted)
- Cartwheel step-in with handmat

## Bars:

- Pullover
- Cast (hollow body)
- Back hip circle (spotted)
- Front hip circle (spotted)
- Tap swings
- Monkey up, balance, jump off stick
- Glide swing (from jump), straight legs whole time
- Shooting star dismount (from cast)

## Beam:

- Pivot turns (both directions)
- Turn prep
- Arabesque to scale
- Lever hop
- Tuck jumps
- Split jumps
- Connected jumps
- Leaps
- Forward rolls
- Cartwheel (laser beam)
- Round off dismount
- Side handstand dismount

# Level C

## Floor:

- Controlled handstand (hold for 2 seconds)
- Backward rolls (push-up okay)
- Bridge kickover down cheese
- Backbend on floor
- Handstand to bridge
- Run round off
- Chasse' step leap
- ½ turn
- Double cartwheel
- 1 handed cartwheel

## Tramp:

- Give each kid 10 jumps
- Straight jumps
- Tuck jumps
- Straddle jumps
- Pike jumps
- Seat drops (Hands right by bottom, give the tramp a high five)
- Seat doggy tummy
- Seat drop, jump half turn, seat drop
- Free jumps 10-15 secs

## Foam pit:

- (NO flips or forward rolls) Kids should be jumping to their bottoms
- Kids stand backward with arms by ears and fall in keeping their arms by their ears

## Tumble Track:

- Straight jumps
- Tuck jumps
- Straddle jumps
- Pike jumps
- Spin jumps
- Ski jumps
- Backward straight, tuck, straddle, spin, and ski
- Forward rolls
- Run forward roll on to blue mat

# Level C

- Cartwheels
- Peanut rolls
- Round offs
- Free choice (no flips)

# Level C

## Vault:

- 2 passes of sprinting
- 3 passes of straight jumps
- 2 passes of dive rolls
- 2 passes of straight jump kick to hs fall flat
- 3 passes of spotted handstand flat backs
- Dive roll on resi
- Stand on block, arm scoop to punch
- Spotted tree fall
- Squat-on on table

## Bars:

- Hollow rocks with white bar
- Arch rocks with white bar
- Cast shape on floor (lift one leg)
- Slider in-n-outs (can jump to handstand)
- Pullover 2 cast back hip circle
- Glide swing toes to bar rock 3 times
- 3 cast to monkey up
- Jump straddle on fall to bottom with floor bar and 8' (make sure they hide their ears)
- Ab roller
- Back hip circle

## Beam:

- Round-off dismount
- Lever hop with bean bags in between their shoulders and ears
- Split jump on low beam
- Side handstand dismount against wall (back against wall, fall into push up position)
- Calf raises with "beam feet" with small weight above head
- Bridge hold on laser beam
- Leap to arabesque hold
- Tuck jumps
- Cartwheel on laser beam

# Level C

## Floor:

- Backwards pike roll off panel mat (unfold if it gets easy)
- Bridge kickover down cheese spotted
- Handstand hold with band around wrists
- Double cartwheel
- Leap up domino mat
- Run round-off over mailbox
- Slider push-up walks
- Spotted backbend
- Chasse' step leap

## Tramp:

- Give each kid 10 jumps
- Straight jumps
- Tuck jumps
- Straddle jumps
- Pike jumps
- Seat drops (Hands right by bottom, give the tramp a high five)
- Seat doggy tummy
- Seat drop, jump half turn, seat drop
- Free jumps 10-15 secs

## Foam pit:

- (NO flips or forward rolls) Kids should be jumping to their bottoms
- Kids stand backward with arms by ears and fall in keeping their arms by their ears

## Tumble Track:

- Straight jumps
- Tuck jumps
- Straddle jumps
- Pike jumps
- Spin jumps
- Ski jumps
- Backward straight, tuck, straddle, spin, and ski
- Forward rolls
- Run forward roll on to blue mat
- Cartwheels

# Level C

- Peanut rolls
- Round offs
- Free choice (no flips)