

Pre-Team I

COMPETITIVE TRACK

• VAULT

- Running form / technique
- Stretch jump onto a raised mat (stretched body)
- Running (min 15ft) onto Resi mat from mini tramp, handstand to flat back (hollow position)

• BEAM

- Front support mount turn to knee swing to squat, finish in balance stand
- Lever
- Stretch jump
- Half turn
- Forward roll
- 3/4 cross handstand, legs apart or together
- Cartwheel handstand dismount

• BARS

- Glides
- Pullover
- Cast (return to bar with control)
- Back hip circle
- Straddle / pike or squat-on dismount
- Squat on the bar / LB on quad set

• FLOOR

- Hollow handstand
- Candlestick hold
- Cartwheel
- Backward roll
- Forward roll
- Round off
- Bridge to kick over
- Handstand to bridge
- Split jump
- Half turn

• CONDITIONING

- 5 pull-ups
- 3 rope climbs / halfway
- 3x5 full range pike-up on the bar

Pre-Team II

COMPETITIVE TRACK

• VAULT

- Running form / technique
- Stretch jump onto a raised mat (stretched body)
- Running (min 15ft) onto Resi mat from mini tramp, handstand to flat back (hollow position)
- Working on round-off and/or handspring over the Resi to land on feet

• BEAM

- Front support mount turn to knee swing to squat, finish in balance stand
- Lever
- Stretch jump
- Half turn
- Forward roll
- 3/4 cross handstand with legs closing at the top
- Cartwheel handstand (to vertical) dismount

• BARS

- Glides
- Pullover
- Cast (return to bar with control)
- Back hip circle
- Straddle / pike or squat-on dismount
- Squat on the bar, LB jump to block between the bars

• FLOOR

- Hollow handstand
- Candlestick hold
- Cartwheel
- Backward roll
- Forward roll
- Round off
- Bridge to kick over and/or back walkover
- Handstand to bridge and/or front walkover
- Split jump 120 degree
- Half turn

• CONDITIONING

- 5 pull-ups
- 3 rope climbs / halfway
- 3x5 full range pike-up on the bar