



**There will be a prerequisite to go from J1 to J2 to J3.**

In order to move up in any one of these classes there needs to be a coach written APPROVAL stating that the student can move up because they have the following skills in all events. At times a student may have a skill but mentally they are not ready, that will also be taken into consideration.

### **JUNIOR ADVANCE 1**

#### **BARS:**

Lightly spotted pull over.

#### **BEAM:**

Needs to be able to hold a tight position.

Releve with arms in 5th position.

Straight and tuck jumps, arabesque hold as well as a passé.

Seesaw as well as a lever.

#### **FLOOR:**

Forward roll to standing up with no hands assistance.

Backward roll to your feet, not your knees.

Attempt to hold a handstand with a tight body.

Right and left side cart wheels.

Hold a bridge and a kick over, attempt to do a standing bridge.

Cartwheel step together in preparation for round off.

#### **VAULT:**

Run correctly and be able to jump on the board with a full arm circle.

Dismounting with a straight/tight body dismount off of the board.

After landing a straight jump they need to be able to kick up into a tight body handstand and land on a flat back.

Basic knowledge of hollow body holds. Arch body holds and planks.

### **JUNIOR ADVANCED 2**

#### **BARS:**

Pull over from chin up position, cast back hip circle.

Cast squat on catch the high bar.

1st half of a glide kip, drop kip and assisted kip.

**BEAM:**

Small split leap, connecting straight jump to split jump.  
1/2 turn in passé, grapevine as well as front, side and backward walks in relave.  
Front facing HS, side HS 1/2 pirouette dismount.  
Attempting cartwheels on the beam.

**FLOOR:**

HS forward roll, backward roll to plank position.  
Wall facing HS holds for 30 sec with a tight body.  
Right and left side cart wheels, cartwheel step together, round offs.  
Front and Back walkover, front and back limbers with arms by the ears the whole time.  
Dive rolls.  
Full splits R, L and middle

**VAULT:**

Running correctly being able to jump on the board with a full arm circle .  
16" resi mat straight jumps onto resi with proper landing.  
HS flatback.  
HS pops from floor level to panel mat level. This will ensure they are popping from the shoulders and lats. They are not using elbows to push off.  
"Donkey kicks" down the runway.  
Basic skill requirements: hollow body rocks, Superman rocks. Wall facing HS with shoulder pushes.

**JUNIOR ADVANCED 3****BARS:**

Level 1-4 skills.  
Low bar, jumping chin up pull over, glide kip, cast back hip circle and cast squat on.  
High bar long hang pull over, long hang glide kip.  
Dismounts: under hang swing from low & high bar.  
Attempting fly aways.

**BEAM:**

Full and 1/2 turns.  
Split leaps with R & L legs. Connecting jumps with either split, straight, wolf, and/or tuck.  
Cartwheels, Front and side HS holds.  
Dismounts: round off, front tuck or HS pirouette.



### **FLOOR:**

Forward movements HS forward roll, dive roll, front limber, front walkover, and front HS. Backward movement backward roll to plank position, back extension, back limber, back walkover and back handspring.

Side positions, cartwheels R/L, dive cartwheel, and round offs.

Hold a HS without any support for 30 secs. Walk forward and backwards on hands.

Full splits R, L and middle.

Attempting press HS.

### **VAULT:**

Run correctly being able to jump on the board with a full arm circle .

16" resi mat straight jumps onto resi with proper landing.

HS flatback. They will work on Resi as well as the Vault.

HS pops from floor level to panel mat level. This will ensure they are popping from the shoulders and lats. They are not using elbows to push off.

"Donkey kicks" down the runway.

Basic skill requirements: hollow body rocks, Superman rocks. Wall facing HS with shoulder pushes.

### **Guidelines for Junior Advanced athletes**

- Dress code needs to be adhered to.
- All students need to arrive on time to classes. Arriving half an hour into when the class has begun can cause injuries to students as they are not warmed up properly.
- Gymnasts need to have their hair up in a bun tied and all loose hair away from their face. This has become an issue as they become distracted constantly taking their hair out of her face as you're getting ready to do tricks and skills on balance beam and floor and vault which is dangerous.
- It is important that the students understand that being disrespectful towards students or coaches, making fun of others within the gym will not be acceptable and will cause them to be placed on probation in the program. (read anti-bully/conduct policy)