

SGA

STERLING GYMNASTICS ACADEMY

Boys Team Handbook

WELCOME TO OUR TEAM!

Thank you for choosing Sterling Gymnastics Academy as your gymnastics club of choice! Whether you have come from our recreational program, another gymnastics club, or our pre-competitive program; we welcome you to join in our success!

Your gymnast will have the essentials they need (i.e. You, and the SGA Staff/Facility) to live their dream, and achieve their full potential as a gymnast and individual. **Communication is key to the success of this program, and we encourage it among coaches, parents, and gymnasts.**

OUR MISSION STATEMENT:

Our mission at Sterling Gymnastics Academy is to not only teach technically-correct gymnastics, but to also instill a regimen of discipline, and life lessons throughout. We not only provide the utensils for your athlete to become the best gymnast they can be, but also the best person they can be. We will challenge the gymnast by:

- *Helping the gymnast to set goals and then achieve those goals, thus enforcing self-worth and positive behavior.*
- *Helping the gymnast to interact socially with not only our team, but also other teams in a professional capacity.*
- *Helping the gymnast to understand the meaning of work, and relating it to their future success in all endeavors.*

VISION AND VALUES

OUR HISTORY

Sterling Gymnastics Academy was founded in 2015. We understand that it is important to not only have trust in the safety, but also the skills in which your children are involved in. We pride ourselves at SGA for being staffed with coaches, whom are competent and active in the sport of gymnastics.

OUR PHILOSOPHY

Sterling Gymnastics Academy teaches both gymnastics and discipline. Your child will not only learn excellent gymnastics, but also many life lessons throughout their career at SGA. We believe the most successful individuals in the world grew up in an environment where respect and effort were demanded, and we expect nothing less at SGA.

While at SGA, athletes will learn to not only respect their coaches and the facility, but also their fellow teammates. Athletes will learn to encourage, cheer for, and help others in every aspect. Furthermore, they will gain many qualities that promote success: determination, work ethic, time-management, teamwork, and respect. We would like to elaborate on the reasons we feel these qualities are so important.

- Determination can be defined as setting a goal, notarizing the steps necessary to obtain the goal, and following through with the goal. At SGA, we believe all success in life is derived from determination and an athlete's determination will pave the road throughout their competitive career as well as their academic career.
- Work ethic can be defined as the amount of work one yields to achieve a goal. At SGA, we believe that determination and work-ethic go hand in hand, and it is important for our athletes to have superior work ethic in all aspects. First, our programs are extremely rigorous and they demand a high-level of work ethic. Finally, work ethic is a learned behavior that will follow gymnasts throughout their adult life.
- Time-management can be defined as efficiently and effectively allocating one's time. At SGA, we believe that time-management is the only way athletes are able to be not only successful in gymnastics, but also in school, and life in general. Gymnastics is a very time-demanding sport, and in order for your gymnast to be successful, both in and out of the gym, is to efficiently and effectively manage their time.
- Teamwork can be defined as a group of individuals working together to achieve a shared goal. In gymnastics, athletes will not only compete individually but also as a team, and at SGA, we find that teamwork allows our athletes to maintain composure and modesty. This is very important at SGA, and is strictly enforced. No athletes are allowed to show superiority in any form to any person, coach or gymnast. Nor are the parents of any athlete allowed to support, promote, or encourage superiority in any form.
- Respect can be defined as one having honor and consideration, and refraining from arrogant behavior. We at SGA, only employ superior, competent individuals to coach our athletes. With that being said, respect of the facility, its owners, and its coaches from both the athletes and parents is demanded. Furthermore, athletes and parents need not gossip or promote anything than such. At SGA, we believe that respect promotes success in individuals, and will follow athletes throughout life.

PRETEAM

WHAT IS PRE-TEAM?

At SGA, for our boy's gymnastics pre-team, we consider level 4 athletes as developmental gymnasts, and all other non-competing athletes as pre-competitive. In addition, we have a fast-track program called Future Stars. This program is for those athletes that can be described as exceptional, and are able to be more active in the gym (more hours).

Pre-team is not to be confused as a recreational class program with more hours. It should not be viewed as anything more/less than the bridge between recreational gymnastics and competitive gymnastics. Gymnasts will spend more time at the gym training, a higher-level of work ethic will be demanded, and they will inherit a wealth of new friends.

To expand, pre-team is not a place for athletes that have no intention of competing gymnastics in the future. It is not a longer, more advanced, recreational class. We want parents and gymnasts to understand that this program is designed to bridge the gap between "gymnastics-for-fun" and competitive gymnastics.

HOW DOES A GYMNAST GET INVOLVED IN PRE-TEAM?

Every spring, SGA holds testing for individuals in our preschool and recreational programs. Invitations will be sent out to parents of children in our preschool and recreational programs, whom are deemed as excelling gymnasts. Parents will be given information on days/times to have their gymnast(s) evaluated by one of our team coaches, if they choose to.

The coach will evaluate the gymnasts' skills, readiness, interest, and potential. After the evaluation, a coach will meet with the parents and gymnast to go over expectations and program highlights. At SGA, we recommend taking the time and discussing our program at home prior to making a decision.

At SGA, we want to give gymnasts every opportunity to succeed and we do not believe in holding them back. With that being said, occasionally we invite gymnasts to pre-team midyear.

WHAT DOES IT MEAN IF MY CHILD IS INVITED ON TO ONE OF THE PRE-TEAMS?

Pre-Team: A program for younger athletes on a track to compete the following year.

Developmental: A program for athletes competing level 4, the first level for USAG boys.

Future Stars: A program for boys that are exceptional and ready to be more active in the gym. These boys are on the fast track to a more rigorous program that includes special training for USAG's JO National Team.

No matter what team your gymnast is asked to be a part of, you can be sure to receive the following for each:

- A devoted Head-Coach.
- A definite work-out schedule
- A fixed monthly tuition for the year

IS PRE-TEAM PART OF YOUR RECREATIONAL PROGRAM?

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SGA's pre-team program should not be confused as part of our preschool and recreational programs, or a more advanced recreational class. While, many of our pre-team members come from our preschool and recreational programs; pre-team members are expected to be committed to developing their competitive gymnastics and staying true to attending all workouts.

Pre-team is considered a bridge between our preschool/recreational gymnastics and our competitive gymnastics programs; however, we also consider it steppingstone and we understand that it will be during this time that some gymnasts will decide that it is not the program for them. We encourage all gymnasts and parents to try our pre-team program out and see if it's the right fit for them.

In addition, pre-team members switch from an 8-week tuition plan to a monthly-tuition plan. It is important to understand that, although we try to accommodate our pre-team members, we generally do not allow for make-ups like our preschool/recreational programs offer unless it is in the week of a meet.

MY GYMNAST ENJOYS GYMNASTICS, BUT DOESN'T THINK HE/SHER IS INTERESTED IN COMPETING. IS PRE-TEAM THE RIGHT PLACE FOR HIM?

At SGA, our head-coaches will put out a list of 4-6 meets for the season. We require that gymnasts attend all the meets the coaches have selected for the season. With that being said, we understand that families have many commitments and if there are prior discussions with the head coach, the gymnasts' participation at one of the meets may be alleviated. Furthermore, one of the most important qualities we look for in a gymnast is being good teammate. Part of that quality is being there for your team no matter what.

To expand on that, competing in meets is an important step in gymnasts progressing through their gymnastics careers, and these events give gymnasts/parents a sense of development and accomplishment! Plus, parents will see the sense of pride and composure that their athletes gain from these meets!

HOW DO I KNOW WHAT MEETS WE WILL BE ATTENDING?

All coaches will discuss meet plans over the summer, and will put out a schedule in early fall for all developmental boys.

The list will include meet names, locations (where applicable), and dates (where applicable).

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WHAT ARE EACH OF THE COSTS ASSOCIATED WITH THE BUDGET USED FOR?

The USAG member registration fee is the subscription that the governing body, for USA Gymnastics, requires to compete in USAG sanctioned events. You will receive a member registration form every year in your mailbox, which will be due back to SGA prior to September 1st, after which, your gymnast will be registered.

Facility and team-coach maintenance includes costs to upgrade the facility with new equipment and mats, as well as costs for team-coach training.

Team-coach planning and communication time are the hours spent in meetings and responding to messages from parents, as well as planning and executing meet entries.

Each meet has individual entry fees that range from \$60-110. In addition to these fees, each team has a fee associated with it ranging from \$25-50 that will be split among all team members.

At SGA, we employ a superior coaching staff whom are paid to coach at each meet, and each level which they coach. Their fees can be broken down as such:

- Session Fee's (\$100-\$125 per coach per session)
- Daily Meal Per Diem (\$60 per coach per day)
- Mileage (IRS standard rate for the current year)
- Lodging
- Airfare
- Rental Car

WHO DO I TALK TO IF I HAVE QUESTIONS ABOUT PRE-TEAM AND MY CHILD'S PROGRESS?

All questions or concerns should initially be directed to your child's head-coach, as they are in the best position to give you feedback on how your gymnast is performing in the gym. With that being said, once a month, one of your child's coaches will schedule a short meeting with you to go over your child's progression and any other topics they/you need to discuss. If there were ever a need to talk to someone other than the coach, the owner, Coach Joey would be the most appropriate person to approach.

WHAT IS THE SGA TEAM CLUB AND DO WE NEED TO BE A MEMBER?

The SGA Team Club is the organization that runs and supports our pre-team and team activities. All athletes of SGA are required to be members of the SGATC, which helps to finance our athletes and the gym. More information on our SGATC can be found later in this handbook.

CAN WE MAKE UP IF WE MISS A SCHEDULED TRAINING DAY?

Coaches only authorize make-ups during the week of a meet.

IF, AFTER TESTING, WE DECIDE THAT PRE-TEAM IS THE BEST OPPORTUNITY FOR OUR CHILD, HOW DO WE GET GOING?

There is a meeting with all the parents of gymnasts, who received invitations to join our pre-team program, which is scheduled prior to any gymnast being evaluated. This meeting reviews all the information you as a parent need, in order to make a qualified decision with your gymnast.

With that being said, accepting the invitation and scheduling an evaluation indicates your desire to have your athlete on the SGA Pre-Team. Occasionally, we may suggest that your child continue in their current program for a little more time to develop a few more skills, or qualities. Those skills, or qualities, will be communicated to your child's preschool/recreational coach. Please be aware that your child's coach will be in direct communication with the head coaches, as to any changes in your child's skills, and/or qualities.

WHAT DO I NEED TO DO, AS A PARENT OF MY GYMNAST?

At SGA, we believe that your primary job as a parent is to be your gymnasts' biggest supporter. Our coaches are dedicated to providing support to our athletes, and open to communicating with you so you never feel left out of the loop. To insure this, every month parents have a guaranteed opportunity to meet with one of their child's coaches to discuss anything regarding their child's progress and outlooks. To expand on that, if you feel there is a reason for an additional meeting don't hesitate to send a message over to your child's coach. They will be more than happy to set a meeting up!

There will be a multitude of forms, which you will be asked to fill out prior to becoming a member of one of SGA's pre-teams. In addition, there will be forms that need to be filled out throughout your child's involvement at SGA. Many of these forms are crucial to our office staff, coaching staff, and management and we greatly appreciate your promptness in returning these items!

In addition, most of the communication will be through email or the team app (permitted you have access). A great deal of time, effort, and money was spent on developing this system so that parents are completely informed and connected to everything happening at SGA!

As a parent, you may want to understand all the intricacies of the "gymnastics world" and we applaud that. At SGA, we have a catalogue of information to assist you in all your questions and deepen your knowledge of all aspects of gymnasts; however, you must understand your position is to parent and ours is to coach!

If there are ever any questions that you cannot locate through our abundance of resources, please feel free to contact us. We are here to help!

COMPETITIVE TEAM

WHAT IS COMPETITIVE TEAM?

At SGA, our competitive team begins with boy's level 5 and goes through level 10/Elite. Our competitive team is designed to provide advanced training in an engaging environment for those individuals who want more than our recreational program offers.

To be part of our competitive team, your child must be invited to be evaluated by one of our team-coaches. Accepting an evaluation should only be done after a family has discussed the program and decided that it was right for them. Parents and gymnasts should understand that being a part of a competitive gymnastics team requires a great deal of dedication and commitment from all aspects: parents, gymnast, and coaches. We at SGA take great pride in the competitive gymnastics that we provide at our facility, and it takes a lot of time and effort from our coaching staff to prepare the athletes.

USAG, also known as USA Gymnastics, is the national governing body for competitive gymnastics. There are 2 different programs:

- Junior Olympic, or JO
- Elite

The majority of gymnasts will compete in the Junior Olympic program throughout their career. The Elite Program is where International and Olympic level gymnasts are trained and compete.

TEAM LEVELS

There are 3 "types" of competitive levels in gymnastics:

- Compulsory Levels
- Transitional Level
- Optional Levels

COMPULSORY

Athletes who compete in levels 4-6 are considered compulsory athletes. These athletes all perform the same routines, which have been designed by nationally respected judges and coaches. The routines were designed to provide athletes with rigorous fundamentals that will assist them throughout their gymnastics career. The gymnast who performs the routines closest to the criterion will score the highest in competition.

At SGA, we coach compulsory athletes on more than just routines. Our coaches focus on establishing a good set of athlete qualities during these levels of competition. The quicker that athletes catch on to these standards, the faster they will learn and excel.

Compulsory levels will compete at Invitational meets, and the Michigan State Meet. Level 5 and 6 can qualify for Regionals, which would be their final meet.

TRANSITIONAL

The transition between compulsory levels (4-6) and optional levels (8-10) is often difficult for parents and gymnasts to grasp. Gymnasts will acquire the skill-set for a base optional routine in level 7. The difference between the transitional level and optional levels is that there are specific fundamental elements that must be included in each of the routines. The gymnast who performs the required elements with the greatest amplitude, form and style will score the best.

The transitional level will compete at Invitational meets, and the Michigan State Meet. They can qualify for Regionals, which would be their final meet.

OPTIONAL

Athletes who compete in levels 8-10 are considered optional athletes. All these athletes will create their routines, with assistance and direction from their coaches. They will be able to use creativity and modification to design their routines to extenuate their optimal set of gymnastics skills. Each level can be ranked based on its level of difficulty:

- JD, Junior Developmental
- Level 8, Beginner Optional
- Level 9, Intermediate Optional
- Level 10, Advanced Optional

Optional Athletes will compete at Invitational meets, and the Michigan State Meet. They can qualify for Regionals, and subsequently Nationals.

Competitive gymnasts compete in one meet season each year, which runs from September of one year to May of the following year.

ADVANCEMENT THROUGH THE LEVELS

At SGA, we like our parents and gymnasts to have an understanding of our guidelines for advancement through the levels in gymnastics; however, gymnastics is a very encompassing sport and there are many qualities and skills we look for in athletes at different levels. With that being said, although our policy is firm, coaches may deviate if they feel it is in the best interest of the athlete.

As a parent, you should know that our experienced coaches want to provide only success to your child and moving your gymnast to the next level is not always the best or safest option. It is a policy of SGA that parents remain just that, parents, and do not interfere with the coaching process. If your child's coach requires your involvement in certain decisions, they will contact you and make you aware of the situation.

*****You can find a spreadsheet, which details what skills and scores are generally required for your gymnast to progress, in the back of this handbook.***

COMPETITIVE TEAM AND PRE-TEAM REQUIREMENTS

Sterling Gymnastics Academy is thrilled that you are considering being a part of our team or pre-team!

Below you will find a table of our policies concerning payments, discounts, fees, and more.

Monthly Tuition	This is due the 1 st of every month.
Family Discounts	<p>Families with kids registered concurrently on team are eligible for a 20% reduction of the lowest tuition. In addition, families with kids also in our recreational/preschool program are able to take advantage of a 20% discount on classes.</p> <p><i>**Please Note: This discount will only be applied, when the participants are enrolled for the same time-period. Furthermore, if the team-gymnast leaves our program mid-session, the 20% discount will need to be paid by the family.</i></p>
Late Payment Charge	There will be a late fee of \$25 assessed on the 2 nd of every month, if tuition is not paid in full.
Second Late Payment Charge	When tuition is not paid in full prior to the 8 th of the month in which it was due, an additional late fee of \$25 will be assessed.
Overdue Tuition Training Policy	<p>Athletes are prohibited from training when their account is past due by 2 months of tuition.</p> <p>After tuition is overdue, SGA reserves the right to require a Credit Card on file with authorization to charge said card on the 1st of every month going forward.</p>
Refund Policy	It is the policy of Sterling Gymnastics Academy, that there are no refunds or prorating based on any circumstances. This is due to the fact that there are limited 'spots' available in the team program, and the cost of the program is based on the total tuition and not a portion of it.
Membership Fee	July 1 st of every year, pre-team and team athletes are required to pay a membership fee to the gym. This is non-refundable under any circumstance. \$125/Athlete
30-Day Notice	Athletes must provide a 30-Day Billing Notice of retirement in writing to the gym (via email). During this 30-Day Billing notice, the gymnast is required to continue training. This will provide the gym and coaching staff time, to communicate with the gymnast and possibly come to a beneficial solution. In, addition there is a strong obligation

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	<p>from the parents to pay their account off before the end of the 30-Day Notice. Failure to pay before the end of Day 30 is an extreme breach of contract.</p> <p>For example, before 15th of the month, the last billing would be on the 15th of the current month (for the subsequent month’s tuition). On or after 15th of the month, the last billing would be on the 15th of the following month (for the subsequent month’s tuition).</p> <p>Furthermore, notice given on May 1st through May 14th: Final Billing would be on May 15th. The final billing would be for June Tuition, and training would be required from the date of the notice through 30 days of training.</p>
Year-Round Commitment	<p>There is a very exact, and specific, process at which the athletes are trained. Although, family vacations are encouraged, athletes must be aware that this is a 12-month commitment, which concludes after season end. Therefore, we strongly ask that athletes do not take “summers off”, “month-long vacations” etc.</p>
Early Termination Fee	<p>All athletes signing this agreement are committing to at least 1 year of tuition. This is from the date of beginning on the SGA Team. Any athlete that leaves our team prior to the paying 12-consecutive months of tuition, are required to pay an Early-Termination Fee of \$500.00.</p>
Make-ups	<p>Make-ups for both pre-team and team are only approved in the weeks prior to meets:</p> <p>Invitational: 1 week</p> <p>State Meet: 1 week</p> <p>Regionals: 2 weeks</p> <p>Nationals: 3 weeks</p>
Facility Cleanliness	<p>A clean gym is a successful gym, and therefore we like our athletes to keep the gym looking its best when possible. With that being said, we expect our gymnasts to clean up and put away all mats, equipment, straps, and grips when finished: this includes when practice is complete.</p>
Mailboxes & Communication	<p>SGA has the first ever, Digital Mailbox System. Parents should check their gymnasts’ mailbox at the end of every practice to verify they receive all information in a timely fashion. You will receive communications from coaches, office staff, management, and the booster club through this channel.</p>
Team Attire & Grooming	<p>This program has a strong behavioral foundation; and therefore, athletes should maintain composure and respect, not at our training facility, but also outside the gym (including meets). Furthermore, athletes should come to practice with their directed gym-wear:</p>

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	<ul style="list-style-type: none"> • T-Shirt • Shorts • Athletic Pants • PRACTICE UNIFORMS REQUIRED FOR LEVEL 6 AND UP <p>In addition, athletes should come to meets wearing there directed form of “meet-wear”.</p>
USAG Membership	All competing members on the teams must have a USAG membership. Parents are required to register their athlete for their USAG Membership prior to August 1 st .
Elite/TOPS/Future Stars 6-Month Notice Amendment	The time put into coaching and forming these athletes is dense as well as their talent and skill level, and therefore they are required to give a 6-Month Notice instead of a 30-Day Notice. If the athlete is retiring from the sport in its entirety, or the family is relocating then this policy is returned to the 30-Day Notice. With that being said, the 6-Month tuition and fee’s obligations will be reinstated IF the athlete retires and then begins participating in the sport.

RULES AND GUIDELINES FOR SUCCESSFUL TEAM/PRE-TEAM MEMBERSHIP

It is essential that members of SGA’s Pre-Team/Team are prompt in arriving for practices. Generally, warm-ups/conditioning are in the beginning of practice and should not be missed. Missing these critical elements of training increases an athlete’s probability of injury, and SGA does not part-take in such activity. With that being said, athletes need to be at practice on-time and ready to go. Furthermore, gymnastics is a disciplined sport and at SGA we expect our athletes to have a disciplined attitude.

At SGA, we require Boy’s Pre-team/Team athletes to train in the specified “gym-wear” as additional clothing presents a potential spotting hazards and/or safety issue. Athletes must maintain composure, attention, and respect throughout practice and during meets. Disrespect toward coaching staff, office staff, and/or teammates will not be tolerated nor will any other immature attitudes such as:

- Crying when not injured
- Pouting
- Cheating
- Lying
- Lack of motivational attitudes

Bellybutton and/or nose piercing, or earrings are a safety hazard and are not allowed, and tattoos are also discouraged. This policy is in accordance with USAG rules.

Athletes need to ask for drink and bathroom breaks, so the coach knows their location at all times. In addition, such breaks should be kept to a minimum as it interrupts the training schedules.

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While athletes are training, parents should not disrupt by talking to or motioning gymnasts. This includes, the entire period at which athletes are training: start to finish of scheduled practice time. These are considered distractions and are dangerous to the gymnasts' safety and discipline. With that being said, the same policy is in effect for coaches. Parents need not disrupt coaching. Questions and concerns should be established by scheduled communication.

If your gymnast needs to leave practice early, or come to practice late, the coach should be notified as soon as possible so adjustments can be made to the athletes training schedule.

Viewing for Pre-Team/Team parents is permissible one day per week. This limitation is due to the seating limitations of the facility, and out preschool/recreational parents pay a higher per hour cost to view their son/daughter.

Gymnastics is a demanding sport that requires athletes to be fit, which is synonymous with good eating habits. This is a safety concern, not only for the athlete later in life, but for the athlete currently. Gymnasts will be flipping, twisting, and landing with a great deal of force and the slightest change in eating habits can injure the athlete. With that being said, athletes should very rarely associate junk food with their diet.

If you have any questions on what meals can help your athlete remain fit and safer at the gym, please do not hesitate to contact your gymnasts' coach.

REQUIRED FORMS FOR TEAM/PRE-TEAM MEMBERS

Each competitive team member is required to have on file with the Sterling Gymnastics Academy office the following forms:

1. Emergency/Waiver Form
2. Membership Form
3. Team Agreement Form

It is most important that all forms be on file at our office BEFORE your Team/Pre-Team member is involved in training. Failure to observe this request may result in restriction from training, competition and/or travel. All forms should be updated annually prior to August 1st and when changes occur in recorded information. To clarify on that, it is your responsibility as the parents/guardian to notify the gym when record information changes.

	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
Floor	<ul style="list-style-type: none"> •Straight-Arm Backward roll •Press Handstrand •Round-Off Backhandspring	<ul style="list-style-type: none"> •Front Handspring •Split •Round-Off Backhandspring x2	<ul style="list-style-type: none"> •Front Handspring-Flyspring •Endo Press •Round-Off Backhandspring	<ul style="list-style-type: none"> •Front Handspring-Fronttuck •Split Press Handstrand •Round-Off Backhandspring	<ul style="list-style-type: none"> •Front Full/Rudi •Backward Double Full •Round-Off Backhandspring Dbl	•C+ Dismount	•D+ Dismount
Pommel Horse	<ul style="list-style-type: none"> •1 1/2 circles on Mushroom 	<ul style="list-style-type: none"> •5 1/2 circles on Mushroom 	<ul style="list-style-type: none"> •Full Bonus •Mushroom Routine •1 Circle on Pommel Horse (Pommels) 	<ul style="list-style-type: none"> •Loops/Circles at horizontal (slight deviation allowed) •Straight-Arm Back Up-rise to Straddle "L" •Press Handstand w/o Cables (2Sec Hold) •Dbl Backtuck Dismount	None	•B+ Dismount	•B+ Dismount
Rings	<ul style="list-style-type: none"> •Back Lever •"L" Hold 	<ul style="list-style-type: none"> •Muscle Up •"L" Hold in support w/ Ring Turn 	<ul style="list-style-type: none"> •Straight-Arm Back Up-rise •Inlocates •Dislocates •Backlayout Dismount	<ul style="list-style-type: none"> •Tsuk into Pit •Yurchenko into Pit •Hand Front into Pit 	None	<ul style="list-style-type: none"> •Giants (1 way) •B+ Dismount 	<ul style="list-style-type: none"> •Giants (both ways) •C+ Dismount
Vault	<ul style="list-style-type: none"> •Handstand Flat-back •Straight Jump 	<ul style="list-style-type: none"> •Front Handspring •Front Tuck 	<ul style="list-style-type: none"> •Front Handspring over table 	<ul style="list-style-type: none"> •Giant/Support Muv/Support Peach •Stuz Horizontal •Pirouette •Back Off/Front Off 	<ul style="list-style-type: none"> •2.0 + Value 	<ul style="list-style-type: none"> •2.4 + Value 	<ul style="list-style-type: none"> •3.0 + Value
Parallel Bars	•Straddle Hold	<ul style="list-style-type: none"> •Swing Handstand •Front Uprise •"V" Hold 	<ul style="list-style-type: none"> •Glide Kip (Straight Arms) •Muv/Giant •Press Handstand 	<ul style="list-style-type: none"> •Front Giants •Back Giants •Swing 1/2 Turn at Bar Height •Straight-Arm Kip 	<ul style="list-style-type: none"> •Diamonov or Stuz or Heely •Full Pirouette •Dbl Back Off 	<ul style="list-style-type: none"> •C+ Dismount •Peach/Giant Handstand 	<ul style="list-style-type: none"> •C+ Dismount •Peach/Giant Handstand
Horizontal Bar	<ul style="list-style-type: none"> •Pullover •Back-hip-circle •Straight Body Undershoot	<ul style="list-style-type: none"> •Kip •Flyaway 	<ul style="list-style-type: none"> •Front Giants •Back Giants •Swing 1/2 Turn at Bar Height •Straight-Arm Kip 	<ul style="list-style-type: none"> •Pirouette •Blindchange 	<ul style="list-style-type: none"> •Freehip to Handstand/Wheeler Kip to Handstand •Dbl Back Dismount 	<ul style="list-style-type: none"> •C+ Dismount •C+ Dismount 	<ul style="list-style-type: none"> •Pullover •C+ Release Skill •D+ Dismount
All Around from Previous Level	None	54.00	56.00	58.00	60.00	68.00	70.00