

# USGTC Girl's Gymnastics Pre-testing

**DO NOT MAIL THIS FORM-----BRING IT TO CAMP!!!!**

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
First Name

**Bring this completed questionnaire to your 1<sup>st</sup> gym meeting on Sunday**

**Please complete this questionnaire as best as you can!!!**

Don't be concerned if there are some questions that you aren't sure how to answer.  
Our testing program is fun, with no pressure!!!

✓ Check the skills you can do without contact spotting from your coach.  
Our staff will assist you in answering any questions not checked.

Please take the USGTC oath in front of your parents before answering the above questions.☺  
*I (This is where you say your complete name!) in sound mind and body, promise to give a true evaluation of my gymnastics capabilities, in pursuit of my dream to have fun and reach my goals with hard work and courageous training at USGTC!!*

## ✓Tumbling

- \_\_\_ Cartwheel
- \_\_\_ Round off
- \_\_\_ Handspring forward roll
- \_\_\_ Back walkover
- \_\_\_ Front walkover
- \_\_\_ Side aerials
- \_\_\_ Back handspring
- \_\_\_ Round off back handspring
- \_\_\_ Round off back handspring back tuck
- \_\_\_ Round off back handspring back layout
- \_\_\_ Arabian
- \_\_\_ Back full
- \_\_\_ Double full
- \_\_\_ Double back

## ✓Balance Beam

- \_\_\_ Front role
- \_\_\_ Cartwheel
- \_\_\_ Front walk over
- \_\_\_ Back walk over
- \_\_\_ Back handspring
- \_\_\_ Round off dismount
- \_\_\_ Front handspring dismount
- \_\_\_ Aerial dismount
- \_\_\_ Front tuck dismount
- \_\_\_ Back handspring, back handspring
- \_\_\_ Back handspring layout
- \_\_\_ Back full off
- \_\_\_ Double back off

**Thanks for you help!**

Al Notarniola  
Girls Director

## ✓Vaulting

- \_\_\_ Squat
- \_\_\_ Straddle
- \_\_\_ Handspring
- \_\_\_ Tsykahara
- \_\_\_ Handspring front
- \_\_\_ Yurchenco

## ✓Uneven Bars

- \_\_\_ Pullovers
- \_\_\_ Back hip circles
- \_\_\_ Front hip circles
- \_\_\_ Mill Circle
- \_\_\_ Sole circle
- \_\_\_ Glide kip
- \_\_\_ Giants
- \_\_\_ Flyaway
- \_\_\_ Tkatchev
- \_\_\_ Gienger
- \_\_\_ Double
- \_\_\_ Flyaway

**“USGTC staff will not rush you through important basics. Enjoy each step of learning and make it a safe and fun journey to reach your goals.”**