

USGTC Girl's Gymnastics Pre Testing Questionnaire

Last name

First name

Circle Sessions attending: Session 1 ___ Session 2 ___

CAMPERS

Please complete this questionnaire as best you can

Bring this completed sheet to our first gym session. It helps us prepare for our Sunday testing program. Don't be concerned if there are a few questions that you aren't sure how to answer. Staff will help you complete it. Our testing program is fun, with no pressure!!!

✓Check the skills you can do, without contact spotting from your coach.

Please take the following USGTC oath before answering the following questions.

I (This is where you say your 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!!

Thanks for
the help!!

Al & Richard
Directors
Supreme!!!!

✓Vaulting

- ___ Squat
- ___ Straddle
- ___ Handspring
- ___ Tsykchara
- ___ Handspring front
- ___ Yurchenco

✓Uneven Bars

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

✓Tumbling

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

✓Balance Beam

- ___ Front role
- ___ Front 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
- ___ Cartwheel
- ___ Back walk over
- ___ Double back off

"My coach says he doesn't want me rush through important basics. He wants me to enjoy each step, and make it a fun, safe journey to reach my goals."

- PLEASE RUSH THIS COMPLETED FORM TO USGTC -