



Intermediate Girls 2

Name:	
Date:	
Coach:	
Vault	
Handstand pop to back onto crash mat	
Handspring to back with beat board onto resi	
Handspring to back with mt over vault	
Bars	
Cast feet to bar height (5x)	
Back hip circle	
Jump to pike or straddle dismount	
Basket circle (front knee can bend)	
Pullover with bar at head height	
Beat swing to initiate long swing	
2 glide swings to stretched body	
Beam	
Various leaps (90° stride leap, sissone, cat leap)	
Half turn (1 foot)	
Jump to tuck or straddle on	
Handstand finish in lunge on medium beam	
Cartwheel to handstand, 1/4 to feet dismount	
Cartwheel on highway	
Round off dismount	
Floor	
Press to headstand	
Handstand lower to bridge	
Bridge kick over	
Handstand fwd roll	
Straight arm bwd roll down incline	
Dive cartwheel showing height off front leg	
Series of 3 straight cartwheels	
Hurdle to round off	
Split leap to 135°	
Trampoline	
5 Needles	
Seat drop, front drop (5x)	
Back drop, hand and knee drop	
1/2 airplane	
Routine of 5 skills	

INFORMATION ONLY