

**Gymnast Skills list**

Gymnast Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Vault: Circle one of the following:**

Squat on to 60 cm Box Handstand fall to back on mat Handspring to back

on 110 cm mats with

with tramp board

**Bars: 6 skills, please list:**

|  |  |
| --- | --- |
| 1) | 2) |
| 3) | 4) |
| 5) | 6) |

**Beam: 6 skills, please list:**

|  |  |
| --- | --- |
| Mount |  |
| Turn |  |
| Jump 1 |  |
| Jump 2 |  |
| Acro or Scale |  |
| Dismount |  |

**Floor: 6 skills, please list:**

|  |  |
| --- | --- |
| Acro 1 |  |
| Acro 2 |  |
| Acro 3 |  |
| Turn |  |
| Leap/Jump 1 |  |
| Leap/Jump 2 |  |

**Recreational Meet Info Package**

**Location:** Marian Gymnastics Club

343 Edson Street

Saskatoon, SK

**Entry Fee:** $45.00

Please make one cheque payable to Marian Gymnastics Club. Registrations are due **Thursday November 9th, 2017.**

Registrations received after November 9th, 2017 will be subject to a $20.00 late fee. Athletes will be registered when both forms and payment have been received. Refunds for medical reasons will be given with a doctor’s note on or before November 19th, 2017.

***Routines:***  Athletes will be judged on skills listed on the routine sheet.

Please note that spotting will be allowed. There will be a low

& a medium beam. Music is allowed for floor (45sec or less please).

***Awards:***  Gymnasts will receive a participation ribbon and a gift.