

11 YEAR OLDS AND OVER **(Intermediate/Middle School)**

GYMNASTICS ROUTINES

FLOOR

1. Start with arms straight up by ears, feet together
2. Forward roll to squat position
3. Perform a tuck handstand returning feet to floor by hands
4. Put hands on floor and jump feet out to front support position
5. Perform one press-up (good straight body line)
6. Jump to squat, then stand
7. Dive forward roll to stand
8. Jump full turn with arms moving up above head during jump
9. Step into a cartwheel
10. Finish – step legs together and salute to the judge (one arm raised)

POMMEL (done on the floor)

1. Stand with arms straight above head, slowly bend knees and squat down
2. Jump feet out to front support
3. Push-ups X 3
4. Turn over to back support
5. Turn back to front support
6. Push-ups X 2
7. Jump legs into a squat position
8. Stand and finish with arms straight above head

VAULT

Dive forward roll onto a crash mat
(From a fast run up to the beat board jump two feet together into a dive roll, rolling up to stand)

PARALLEL BARS

1. 4 swings on the end of the P-bars with chest in
2. Dismount backwards after the 4th swing
3. Stand and finish

BARS (single bar)

1. Start from straight hanging shape
2. Perform 1 chin up (if able)
3. Straight after chin ups perform 3 swings (Coach may push gymnast gently to help start the momentum)
4. Swing forwards and backwards 3 times to land on the back swing on the floor

TRAMPOLINE ROUTINE

YEAR 7 - 8

1. Bouncing x5, arms straight and by the side of the body
2. Tuck Jump – (stage 3)
3. Pike Jump – (stage 3)
4. Full twist
5. Seat Drop $\frac{1}{2}$ Twist to Seat Drop (swivel hips)
6. $\frac{1}{2}$ Twist Seat Drop $\frac{1}{2}$ Twist to Feet

TRAMPOLINE OUTLINE

Every child will perform the trampoline routine as well as the Artistic routines. The Trampoline routine will be marked and awarded as a separate competition. The children can practice the routine at home on a trampoline however if they don't get an opportunity to practice beforehand they can practice on the day of the competition, during their warmup. The routines are very easy and are designed to be learned on the day and will be taught by our Trampoline coaches