



GOALS for Development Squad



LEAPS & JUMPS

Must be technically correct to achieve star.

SKILL	ACHIEVED!	DATE ACHIEVED
Tuck jump half		
W jump		
Split leap		
Full spin		
Scissor kick		
Cat leap cat leap half		

FLEXIBILITY & STRENGTH

SKILL	ACHIEVED!	DATE ACHIEVED
Splits on left leg		
Splits on right leg		
Pike fold		
Japana		
Bridge (legs straight shoulders over hands)		
10 press ups (straight back)		
5 v sits		
10 second v sit hold with no hands		
10 arch rocks		
Frog balance into headstand		

ACRO SKILLS

SKILL	ACHIEVED!	DATE ACHIEVED
Handstand hold for 3 seconds		
Backward roll to front support		
Handstand forward roll		
Bridge kick over		
Back bend to bridge		
Round off		
Cartwheel into 1 handed cartwheel		