



# Beginner Sticker Chart

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

Session: \_\_\_\_\_

Vault	Bars	Beam	Floor	Tumbl Trak	Strength/Flex
Switching legs	Wrist shifts	Walk forward, backward, sideways	Forward roll	Straight jump forward	20 second plank hold
Sprint on toes	Forward dismount w/ straight arms	Squat in relevé, balance to stand	Bridge w/ leg up	Straight jump backward	10 Second tucked hollow hold
Skip	Pull over	Walk, lock, pivot	Cartwheel	Skip	10 Sit ups
Hurdle drill from block	Chin hold 5 seconds	Arabesque hold 45°	Candlestick	SLP	10 Second arch hold
Assemble	3 casts in a row	Passé walk	Handstand	Tuck jump	10 Candlestick stands
Run, straight jump onto 8" mat	Cast push away dismount	Kicks to horizontal	Straight jump backwards onto panel mat	Straddle jump	3 push ups
Bounce back drill	Hanging pike hold (5 secs)	Dip walk	Tuck jump	Jump ½ turn	30 Second mountain climbers
3 donkey kicks from mini tramp	Bat swings	Lever	Turn prep	Assemblé, straight jump	Pike stretch – hands to toes
Handstand flat back	Glide swings	Stretch jump	Chassé	Donkey kick (bent knees)	Split – 8" from ground

Recommendation for future session \_\_\_\_\_ Coach: \_\_\_\_\_

\*This sticker chart is valid for 6 months after the end of the session.