

2022-2023 Meet Routines

Floor

Toddlers (Ages 3-4)

Forward Roll, Forward Roll, Straddle Roll, Straddle Roll, Cartwheel, Cartwheel, Sugar Bowl, Ta Da!

Level 1 (Ages 5-6)

1st Pass:

Forward Roll, Forward Roll, Straddle Roll, Straddle Roll

2nd Pass:

Lay Flat, Push Up Back Bend (Hold 3 Sec.) OR Push Up to a Tabletop,

Lay Flat, Candle Stick Roll to Stretch Jump, Tuck Jump,

Cartwheel, Cartwheel,

Handstand Step Down.

Level 2 (Ages 7-8)

1st Pass:

Handstand into Back Bend (Hold 3 sec),

Candle Stick Roll To stretch jump,

Dive Roll, Straddle Roll, Straddle Roll,

Tuck Jump, Stretch Jump ½ turn

2nd Pass:

Cartwheel, 1-Arm Cartwheel, Backward roll,

Standing Back Bend (Hold 3 Sec.), Lay Flat,

Candle Stick Roll to Stretch Jump,

Level 3(Ages 8-10)

1st Pass:

Handstand into Back Bend (Hold 3 Sec.), Lay Flat,

Candle Stick Roll To stretch jump,

Cartwheel, 1-Arm Cartwheel,

Backward Pike Roll, Standing Back Bend, Kick Over

2nd Pass:

Handstand Forward Roll, Dive Roll,

Running Round-Off Rebound, Split Jump.

Level 4(Ages 10+)

1st Pass:

Front Limber, Dive Roll,

Cartwheel, 1-Arm Cartwheel,

Back-Walkover, Back-Walkover

2nd Pass:

Handstand Forward Roll,

Running Round Off Rebound,

Backward Pike Roll, Split Jump,

Slide into split (any side)

Advanced (Coach Placement)

1st Pass:

Running Round Off Back Handspring Rebound

2nd Pass:

Front Walkover, Cartwheel, 1-Arm Cartwheel, Back Walkover, Back Walkover

3rd Pass:

Running Front Walkover, Round Off, Backward Pike Roll, Split leap, step punch, tuck jump