

# 2022-2023 Meet Routines

## Beam

### **Toddlers (Ages 3-4)** Low floor beam

- Stand on salute
- Tip toe to middle
- Hops to end
- 1/2 turn to come back
- Step kicks to middle
- Stop bend down to touch beam with both hands, stand back up
- Walk to end
- Side dismount, jump off & stick it

### **Level 1 (Ages 5-6)**

- Jump to front support mount
- Arabesque
- Forward leg swing (each leg)
- Passe
- Stretch Jump (Straight Jump)
- Side dismount, Stretch jump dismount
- Stick it

### **Level 2 (Ages 7-8)**

- Jump to front support mount
- Arabesque
- Forward leg swings (each leg)
- Passe
- 2 Hop Stops
- Stretch jump fish pose
- Cartwheel to side handstand dismount
- Stick it with hands still on the beam

### **Level 3 (Ages 8-10)**

- Jump to front support mount
  - Arabesque
  - Stretch jump x2
  - Scale
  - Leap
  - Passe Pose
  - Hop Stopx2
  - Backward step fish pose
  - Cartwheel to side handstand dismount
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#### **Level 4 (Ages 10+)**

- Jump to front support mount
- Arabesque
- Stretch jump x2
- T touch T
- Leap straight leg
- Forward, backward leg swing
- 1/2 Pivot turn
- Passe
- Split jump
- Backward step fish pose
- Cartwheel to handstand 90 degree turn dismount

#### **Advanced (Coach Placement)**

Routine coming in September