

Key: Online Skills Tracking



= **INTRODUCED** The gymnast has been introduced to the skill and/or drills and progressions for the skill. Every online skill at a level will normally be introduced within eight weeks of participation in class.



= **DEVELOPING** The gymnast can identify, name, and perform the skill assisted or unassisted with medium to major errors. Technical proficiency and consistency are still developing. *NOTE: 2-star skills can be approved by the rec coordinator as eligible for move-up for a student - under the right circumstances, if safe, and as a written exception.*



= **GOT IT!** The gymnast is consistently performing the entire skill with minor to medium technical errors, OR the skill is technically proficient while lacking consistency. *NOTE: 3-star skills are eligible for move-up.*



= **MASTERED** The gymnast **consistently performs the skill successfully** with no more than minor errors. Four stars on all skills is always our goal for solid move up readiness.



= **WOW!** (*see example videos*) The skill is not only mastered, but the gymnast is demonstrating positions, form, control, amplitude, strength, and/or flexibility that are beyond most gymnasts at this level. All students and coaches work towards "WOW!"...there is always opportunity for challenge.