

CHAMPION SKILL SHEETS

CHAMPION MOBILITY PATHS FOR GIRLS

PRESCHOOL

Champs & Me
(Ages 2-3)

Mini Champs
(Ages 3-5)

RECREATION Path

GIRLS CHAMPS 1

GIRLS CHAMPS 2

GIRLS CHAMPS 3

SHOOTING STARS
(Beginning Class Age 9+)

Girls Champs 1-2-3 is
based upon age and
skill level.

Girls ages 5-7 who are
new to gymnastics
usually start with GC1.

COMPETITIVE Path

RISING STARS
(By Invitation)

FUTURE STARS
(By Invitation)

XCEL

DEVELOPMENTAL

**XCEL
BRONZE/SILVER**

COMPULSORY 2-3

**XCEL
GLD/PLT/DIA**

COMPULSORY 4-5

OPTIONAL 6+

- Athletes can choose which path they want to participate in.
- Athletes can move from Recreation to Competitive path.
- Athletes can choose Xcel or Developmental in Competitive path.
- Athletes advance to next level upon achieving skills for that class.



CHAMPS & ME

This Preschool coed Mommy and Me class is designed for young children ages 2-3 to learn the basic coordination skills needed for physical movement through gymnastics. Mom/Dad actively participates with the child during class, and the instructor provides specific skill instruction on achievement.



This energetic class is perfect way to not only introduce your little champion to sports but also to develop school readiness skills like listening, waiting in line, and following directions.

Lots of giggles and excitement in this class!



Activities will include increasing motor skills, developing social interactions, flexibility, taking turns, and listening skills.

These little Munchkins will learn body awareness as they participate in a variety of activity to get their little bodies moving.



Watch the sense of delight and smiles on their faces when they achieve a new skill!



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GIRLS MINI CHAMPS

Preschool Class for ages 3-5, designed to promote physical, social and cognitive development. Curriculum focuses on age-appropriate gymnastics activities that foster balance, coordination, core strength, motor planning, bilateral awareness and flexibility.

VAULT

Straight Jump on Board to Mat
Hands on Straddle on Trapezoid
Jump Up to Panel Mat, Jump Off Stick
Bounce, Bounce Forward Roll
5 Donkey Kicks

BEAM

Jump to Support Hold 5 Seconds
Forward Walks
Sideways Walks
Tuck Stand, Stand Up
Bear Crawl
Hops Across Beam
Forward Kicks

BARS

Tuck Hand/Swing 5 seconds
Front Support Hold 5 seconds
3 Leg Swings (casts)
Spotted Roll Through (Skin the Cat)
Chin Hold 5 seconds
Monkey Walks

FLOOR

Lever to T
Cartwheel over Panel
Forward Roll Down Cheese
Backward Roll Down Cheese
Handstand Against Cheese,
Hold 5 seconds
Straight Jump
Bridge
Forward Kicks

STRENGTH/FLEXIBILITY

SHAPES

Push Up Position
Hollow Position
Arch Position
Tuck Sit
Pike Sit
Straddle Sit



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GIRLS CHAMPS 1

If you are looking for a beginning activity to build your daughter's confidence, strength, and coordination, Girls Champs 1 is for her! This class offers beginning basics on vault, bars, beam, floor and tumbletrak.

VAULT

Correct Board Shape
Fast Run Down the Runway
Kick to Handstand Flatback
on 16" Mats
Run Punch Squat/Straddle
onto Block Jump Off Stick
Run Punch Dive Roll
on 16" Mats

STRENGTH/FLEXIBILITY/SHAPES

4 Push Ups
3 Spotted Pull Ups (*chin above bar*)
3 Spotted Leg Lifts (*toes to bar*)
4 Frog Jumps
4 V-Ups
10 Hand Steps up the Rope
Bridge
Straddle Pancake
Pike with Nose to Knees
Candle Stick Shape



BEAM

Jump to Support Swing to
Straddle Sit
Tuck Sit to Stand Up
Hops Across Beam
Backward Walks
Passe Hold 5 Seconds
Tuck Stand, Pike Stand,
Stand Up
Spotted 3/4 Handstand
Dismount

BARS

Glide Swing Shape
Spotted Pull Over
Front Support Hold 10 Sec
3 Casts with Hips off Bar
Spotted Roll Forward Over Bar
Spotted J Hold Shape 10 sec

FLOOR

3/4 Handstand
Cartwheel
Forward Roll
Back Roll to Straddle Stand
Straight Jump
Tuck Jump
Forward Chasses
Picot Turn



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GIRLS CHAMPS 2

Girls will learn gymnastics terminology, basic shapes, stretches and strength drills that will help them achieve various skills. Students at this level are able to make corrections based upon coach's feedback.

VAULT

Correct Board Shape
Sprint down the Runway
Kick to Handstand Flatback on 8" Mat
Run Punch Tuck Jump on Block
Jump off Stick
Run Punch Dive Roll on PP

STRENGTH/FLEXIBILITY SHAPES

8 Push Ups
3 Pull Ups (Chin Above Bar)
3 Leg Lifts (Toes to Bar)
8 Frog Jumps
8 V-Ups
1/2 Rope Climb
Bridge with Straight Legs
Right Leg Split 80%
Left Leg Split 80%
Middle Split 80%
Pike with Nose to Knees

BEAM

Jump to Support Swing to
Straddle Sit with Straight Legs
Forward Releve Walks
Straight Leg Kicks Forward and
Backward
Straight Jump
Tuck Stand, Pike Stand, Needle
Kick Stand
Passe Walks
Side 3/4 Handstand Dismount

BARS

Glide Swing with Pink Roller
Step Kick Pull Over
3 Casts in a Row w/ Hips Off Bar
Roll Forward Over Bar
Spotted Back Thigh Circle
Shooting Star in Straddle

FLOOR

Vertical Handstand
Cartwheel
Back Roll to Tuck Stand
Bridge Kickover off Panel
Tuck Jump
Split Jump 60"
Forward Chasse Kick
2 Pivot Turns



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GIRLS CHAMPS 3

As girls develop their skills, they are advanced into higher levels where they will learn more challenging elements that requires self-discipline, increased strength and flexibility.

VAULT

Handstand Block
Correct Board Shape
Spring (Accelerated) Down the
Runway
Run Punch Straight Jump on PP
Kick Handstand Flatback
Run Punch Handstand
Flatback on PP

STRENGTH/FLEXIBILITY

SHAPES

10 Push Ups
5 Pull Ups (Chin Above Bar)
5 Leg Lifts (Toes to Bar)
15 Frog Jumps
15 V-Ups
Full Rope Climb
Competition Bridge
Right Leg Split
Left Leg Split
Middle Split 80%
Pike with Nose to Knees
Hands Reach Flat Past Heels



BEAM

Pivot Turn
Arabesque
Straight Jump
Split Jump 60*
Hiccup Handstand
Side Handstand Dismount
Round Off Dismount

FLOOR

Vertical Handstand
Cartwheel Step In
Power Hurdle Round off Rebound
Straight Arm Back Roll
To Push Up
Competition Bridge Kickover
Split Jump 90*
Forward Chasse Leap 90*
Forward Passe 1/2 Turn

BARS

Glide Swing
Pull Up Pull Over
Cast to 45*
Back Thigh Circle
Shooting Star in Tuck
Underswing



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SHOOTING STARS

This class is for girls ages 9+ who are new to gymnastics. Basic gymnastics skills are learned in this class and athletes will be with peers in their age group.

STRENGTH/FLEXIBILITY SHAPES

VAULT

BEAM

BARS

FLOOR



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GIRLS RISING STARS

This class is prerequisite for athletes who wish to pursue the competitive path. Classes are held 2 times a week and prepares them for competing in the future. Enrollment is by invitation only

VAULT

Correct Board Shape
Spring Down the Runway
Kick to Handstand Flatback
On 8" Mat
Run Punch Handstand
Flatback on PP

STRENGTH/FLEXIBILITY

SHAPES

8 Push Ups
3 Pull Ups (Chin above Bar)
3 Leg Lifts
8 Frog Jumps
8 V-Ups
1 2 Rope Climb
Bridge with Straight Legs
Right Leg Split 80%
Left Leg Split 80%
Middle Split 80%
Pike with Nose to Knees

BEAM

Jump to Support Swing to
Straddle Sit
Releve Walks
Straight Leg Kicks Forward
and Backward
Straight Jump
Tuck Stand, Pike Stand, Needle Kick
Stand
Passe Walks
Side 3/4 Handstand
Dismount

FLOOR

3/4 Handstand
Cartwheel
Back Roll to Tuck Stand
Bridge Kickover off Panel
Tuck Jump
Split Jump 60*
Forward Chasse Kick
Pivot Turn

BARS

Glide Swing with Pink Roller
Step Kick Pull Over
3 Casts in a row with
Hips off Bar
Roll Forward Over Bar
Spotted Back Thigh Circle
Shooting Star in Straddle

GIRLS FUTURE STARS

Future Stars is the base requisite to our competitive team. At this level girls do not compete, but rather work towards their compulsory skills while gaining confidence, a strong work ethic and determination to become a competitor on our CGC team. This class is by invitation only.



STRENGTH/FLEXIBILITY

SHAPES

- 10 Push Ups
- 5 Pull Ups (Chin above Bar)
- 5 Leg Lifts (Toes to Bar)
- 15 Frog Jumps
- 15 V-Ups
- Full Rope Climb
- Competition Bridge
- Right Leg Split
- Left Leg Split
- Middle Split 80%
- Pike with Nose to Knees
- Hands Reach Flat Past Heels

VAULT

- Handstand Block
- Correct Board Shape
- Sprint (Accelerated)
- Down the Runway
- Run Punch Straight
- Jump on PP
- Kick Handstand Flatback
- Run Punch Handstand
- Flatback on PP

BEAM

- Pivot Turn
- Arabesque
- Straight Jump
- Split Jump 60*
- Hiccup Handstand
- Side Handstand Dismount
- Round Off Dismount

BARS

- Glide Swing
- Pull Up Pull Over
- Cast to 45*
- Back Thigh Circle
- Shooting Star in Tuck
- Underswing

FLOOR

- Vertical Handstand
- Cartwheel Step In
- Power Hurdle Round Off Rebound
- Straight Arm Back Roll to Push Up
- Competition Bridge Kickover
- Split Jump 90*
- Forward Chasse
- Leap 90*
- Forward Passe 1/2 Turn

CHAMPION MOBILITY PATHS FOR BOYS

PRESCHOOL

Champs & Me
(Ages 2-3)

Mini Champs
(Ages 3-5)

RECREATION Path

BOYS CHAMPS 1

BOYS CHAMPS 2

Boys Champs 1-2 is
based upon age and
skill level.

Boys ages 5-7 who are
new to gymnastics
usually start with BC1.

COMPETITIVE Path

FUTURE STARS
(By Invitation)



DEVELOPMENTAL

LEVEL 4

COMPULSORY 5-7

OPTIONAL 8-10

- Athletes can choose which path they want to participate in.
- Athletes can move from Recreation to Competitive path.
- Athletes advance to next level upon achieving skills for that class.



BOYS MINI CHAMPS

Preschool Class for ages 3-5, designed to promote physical, social and cognitive development. Curriculum focuses on age-appropriate gymnastics activities that foster balance, coordination, core strength, motor planning, bilateral awareness and flexibility.

POMMEL HORSE

Feet on Mushroom 3 push ups
Panel mat walk up/down 10
Walk around Mushroom
R/L 3 in a row
Front/Back support feet on
Mushroom 5sec
Slider walk 10 feet

RINGS

Mickey hold 5sec
Tucked "L" hold 5sec
3 swings
FX 5 Arch Rockers good form
C1/C2 5 in a row

P-BARS

Hold 10sec support
Spotted 3 support swings
Tucked "L" hold 5sec
3 support swings between
dismount stick no spot

STRENGTH

Spotted pull ups 3 in a row
HS on the wall 10sec
5 Push ups good form
Hollow hold 5sec
Arch hold 5sec
"L" hold 3 sec on FX
5 burpees non stop
10 Box jump stick
Air squats 5 in a row
Spotted leg lifts 3 in a row

VAULT

Lunge
Lunge jump to 2 feet
Springboard jumps 10 in a row
Foot on and off panel mat
(run dynamics) 10sec
Spring 3 lengths of vault runway
Jump on box from board,
jump off stick

HIGH BAR

Hang 10sec hold
1 pull up spotted
5 spotted casts horizontal
J hold 3sec
Toes to bar 3sec

FLOOR

R/L lunge hold 5sec
Tripod hold 5sec
Tripod roll unassisted
Log roll R/L
Candlestick roll stand
Back drop on 8 incher



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BOYS CHAMPS 1

This class is for boys who would like to increase their flexibility, agility and balance. It offers introduction to parallel bars, high bar, vault, floor, pommel horse, and rings. They will also gain more muscle strength and body control.

POMMEL HORSE

Feet on Mushroom F/B support 10sec
(PB) upper arm hold 10sec
Walk 5 circles
5 Penguins good form
Slider walk 30 feet

RINGS

1 Pull up unassisted
Tuck "L" hold 10sec
5 Swings proper hand movement
Inverted pike hold 3sec unassisted
Skin the cat hold 3sec
FX 10 Arch Rockers good form
C1/C2 10 in a row

P-BARS

Hold 30sec support
Sotted 5 support swings
Tucked "L" hold 10sec
"L" hold 3sec
3 Swings between dismount,
horizontal stick 3 in a row

STRENGTH

Spotted pull ups 5 in a row
HS on the wall 30sec
10 Push ups good form
Hollow hold 20sec
Arch hold 20sec
"L" hold 5 sec on FX
10 burpees non stop
3 Box jumps stick in a row
Air squats 10 in a row
Spotted leg lifts 5 in a row

VAULT

Lunge jump to 2 feet on to panel mat
Springboard jumps 20 in a row good form
Panel mat runway hurdle to punch up box
Foot on and off panel mat 30sec
Run hurdle punch to box (no panel runway)
Spring 5 lengths of the fault runway

HIGH BAR

Beat taps 5 in a row
3 Pull ups spotted
5 Spotted casts in a row 45 degrees
Tumbltrak wiggle worms 10sec
3 Tap swings on the trapeze
J Hold 5 sec/TTB 5 sec

FLOOR

Forward/Right/Left Chasse
Headstand forward roll
Panel mat cartwheel kickover
Cheese F/B rolls
Back drop straight legs!! On 8"



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BOYS CHAMPS 2

As gymnasts develop and master skills at the pace that's right for them, they advance into the higher levels and have opportunity to become part of the CGC Competitive Teams.

POMMEL HORSE

(PB) upperarm circles 5 in a row
Walk 10 in <15sec
20 Penguins good form
F/B support feet on M 30sec
Jump 1/2 & 3/4 good form
Slide 1/2 circle on FX M

RINGS

2 Pull ups unassisted
"L" hold 3sec
8 Swings proper hand movement
Assisted swing to Inverted hang
Inverted pike to Skin the Cat, hold 3 sec
Skin the Cat drop to stick
C1/C2 15 in a row

P-BARS

Hold 60sec support
Support swing 10 in a row, no spot
ST "L" hold 5sec
"L" hold 5sec
3 Swings between Dismount
>45 degrees, stick 3 in a row



STRENGTH

1 Pull up no spot 3 times
HS on the wall 60sec
20 Push ups good form
Hollow hold 60sec
Arch hold 60sec
"L" hold 10 sec on FX
20 burpees non stop
5 Box jumps sticks in a row
Air squats 15 in a row
No spot 3 in a row leg lifts

VAULT

Lunge arm circle punch up panel
Run hurdle over panel punch (FX)
Run hurdle punch, jump over box
Springboard jumps 30 in a row, good form
Short step 20sec
Spring 10 lengths of the vault runway

HIGH BAR

Beat taps 10 in a row
Chin to bar spotted pullover
3 horizontal cast no spot
Undershoot to box spotted
5 taps swings dismount, stick 3 in a row
J Hold 8 sec/TTB 8sec

FLOOR

Kick lunge R/L
Handstand 2sec hold
Handstand forward roll
Cheese backward roll
Headstand 3sec hold
Back 3/4 spotted
Power hurdle



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BOYS FUTURE STARS

Future Stars is the base requisite to our competitive team. At this level boys do not compete, but rather work towards their higher level skills while gaining confidence, a strong work ethic and determination to become a competitor on our CGC team. This class is by invitation only.

POMMEL HORSE

(PB) upperarm circles 10 in a row
Jump 3/4 good form
F/B support hold 90sec
Full Circle
Slide full circle on FX M

RINGS

3 Pull ups unassisted
"L" hold 5sec
15 Swings proper hand movement
Unassisted swing to Inv hang
Inv pike to Skin the Cat hold 3sec
Tucked back level hold 3sec

P-BARS

Hold 90 sec support
Support swings 15 in a row
ST "L" hold 10sec
ST tucked "V" hold 3sec
3 Swings between >45 deg

STRENGTH

5 Pull ups no spot 3 times
HS on the wall 90sec
30 Push ups good form
Hollow hold 90sec
Arch hold 90sec
"L" hold 15sec on FX
30 Burpees non-stop
8 Box jumps sticks in a row
Air squats 20 in a row
No spot 5 leg lifts

VAULT

Lunge arm circle punch board at jump stick
Run hurdle over panel with arm circle at jump, good form
60' Spring in under 4sec
10 Band straight jumps arm over head

Short step 40sec
<7 min "22"

HIGH BAR

Beat taps 15 in a row
Pull up pullover
3 cast 45 degrees
Undershoot to box no spot
10 Tap swings
10 Tap swings, dismount stick
3 in a row

FLOOR

Kick above stomach lunge hold 3sec
Cartwheel cartwheel step together
Backward roll to push up
Kick handstand 1sec hold
St press headstand 3sec hold
Back 3/4 puppy unassisted