

# MEET SCHEDULE

**Saturday, November 7, 2009**  
**Texas Star Gymnastics**



**Saturday, December 5, 2009**  
**Maximum Athletics**



**Saturday, January 23, 2010**  
**K2 Academy**



**Saturday, February 20, 2010**  
**Power Sports Gymnastics**



**Saturday, April 10, 2010**  
**Maximum Athletics**

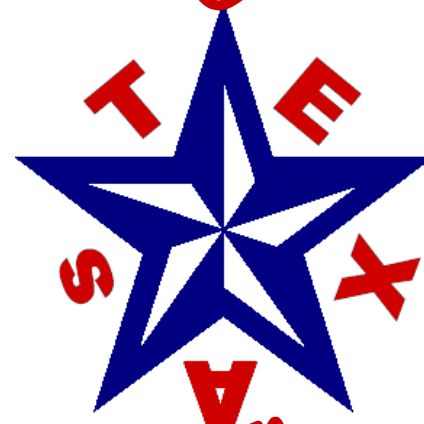
[www.texasstargymnastics.net](http://www.texasstargymnastics.net)

The "Gym Stars Skills Meets" program introduces athletes to the world of competitive gymnastics in a fun and rewarding structure. Athletes in all Boys and Girls recreational and pre-school classes are encouraged to compete in these meets. The meets are in a non-competitive format. They will receive colored ribbons based on their performance, but will not be placed against each other. Each child will receive a ribbon for each of the four events as well as a participation medal. The entry for each meet is \$30.00 per athlete for the first four meets. The entry fee for the last meet will be \$40.00. These fees will be collected before each meet. Please note the 2009-2010 Skills Meet Schedule on the left. Spectator fees at the gate will be \$2 for adults and kids 13 and over, \$1 for kids ages 4-12, three and under are free. There will be leotards available through the pro-shop for \$43.50(child) and \$45.50(adult). If you are interested please inquire at the front desk to sign up and find out about entry deadlines.



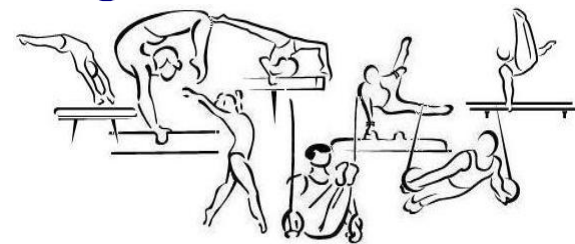
**texas star**   
**gymnastics** 

**Gym Stars**



**Skills Meets**

**2009 - 2010**



# BRONZE

## GIRLS VAULT

- 5' run into
- 1. Straight jump
- 2. Tuck jump
- 3. Straddle jump (Stick all landings)

## UNEVEN BARS

- 1. Tuck chin-up hold 3 sec.
- 2. Jump front support, 3 casts (hips off bar)
- 3. Forward roll dismount

## BALANCE BEAM

- 1. Front support mount to a tuck sit
- 2. Arabesque
- 3. Straddle jump dismount

## FLOOR EXERCISE

- 1. Cartwheel
- 2. Forward roll stand
- 3. Backward roll to a stand (with or with out cheese mat)

# GOLD

## GIRLS VAULT

- 1. 30' run
- 2. Arm circle
- 3. Dive roll onto waist high mats

## UNEVEN BARS

- 1. Chin up pullover
- 2. Cast to horizontal
- 3. Under swing dismount

## BALANCE BEAM

- 1. Coupé heel snap 1/2 turn
- 2. Waltz Step
- 3. Round-off off the end

## FLOOR EXERCISE

- 1. Handstand to bridge kick over
- 2. 2 steps to a leap
- 3. Straight arm backward roll to push up shape

# BRONZE

## BOYS

### FLOOR EXERCISE

- 1. 1 sec. Handstand hold
- 2. Backward roll to straddle stand
- 3. Forward roll to straight jump

### STILL RINGS

- 1. Pull to inverted pike
- 2. 3 Tap swings
- 3. 1 sec. Chin-up hold

### HIGH BAR

- 1. Still 1/2 turn
- 2. 3 tap swings with good form
- 3. Release on backswing, stick Landing

### STRENGTH

- 1. 5' rope climb

# GOLD

## BOYS

### FLOOR EXERCISE

- 1. Front cartwheel to side stand
- 2. Backward roll to pike stand
- 3. 3 sec. Handstand hold

### STILL RINGS

- 1. "L" Hang
- 2. 3 Swings to straddle "Skin the Cat"
- 3. Drop dismount, stick landing

### HIGH BAR

- 1. 3 Casts to 45°
- 2. Back hip circle
- 3. 3 Swings to 1/2 turn dismount

### STRENGTH

- 1. 15' rope climb

# FUN GEMS

## VAULT

- 1. 3 bounces
- 2. Straight jump to an 8" mat
- 3. Straddle jump to an 8" mat

## UNEVEN BARS

- 1. Hang, touch your toes to bar in a straddle
- 2. Jump to front support
- 3. 3 Baby casts

## BALANCE BEAM

- 1. Forward walks (4)
- 2. Sideward walks (4)
- 3. Kick steps (4)

## FLOOR EXERCISE

- 1. Forward roll
- 2. Donkey kick or Teeter Totter
- 3. Table hold or bridge

# SILVER

## GIRLS VAULT

- 1. 20' Run
- 2. Straddle on to waist high mats
- 3. Kick to handstand, fall to flat black

## UNEVEN BARS

- 1. Step Kick Pullover
- 2. 1-3 cast to back hip circle
- 3. Cast push dismount

## BALANCE BEAM

- 1. Front support mount to a V-sit
- 2. Coupe Walks
- 3. Straddle jump dismount

## FLOOR EXERCISE

- 1. 2 sec. Handstand hold
- 2. Running round off
- 3. Bridge kick over down cheese mat (Do Not Back Bend ON Mat)

# PLATINUM

## GIRLS VAULT

- 1. 50' run—increasing speed
- 2. Jump to handstand
- 3. Flat back on stacked mats

## UNEVEN BARS

- 1. Pike glide swing
- 2. Cast single leg shoot through
- 3. Front mill circle

## BALANCE BEAM

- 1. 3/4 Handstand
- 2. Straight jump Straight jump
- 3. Side handstand dismount or Side handstand 1/4 turn dismount

## FLOOR EXERCISE

- 1. Front Limber
- 2. Split jump
- 3. Running round off back handspring OR standing back handspring (Floor only)

# SILVER

## BOYS

### FLOOR EXERCISE

- 1. Side cartwheel
- 2. Forward roll to straddle stand
- 3. Handstand forward roll

### STILL RINGS

- 1. Pull to inverted layout, hold for 1 sec.
- 2. Straight body to 3 swings
- 3. 5 sec. Chin-up hold

### HIGH BAR

- 1. Inverted straddle
- 2. Still 1/2 turn 2X
- 3. 3 Swings to back dismount

### STRENGTH

- 1. 10' rope climb

# PLATINUM

## BOYS

### FLOOR EXERCISE

- 1. Running round off, rebound to stick
- 2. Straddle stand jump to 3 sec. Handstand
- 3. 3 sec. side scale

### PARALLEL BARS

- 1. 3 sec. "L" Support
- 2. 4 Swings with straight arm support
- 3. Front or Rear dismount to stand (Stick all landings)

### HIGH BAR

- 1. Pullover, Cast to 45°, back hip circle
- 2. Under swing to 3 tap swings
- 3. 1/2 turn dismount (Connected)

### STRENGTH

- 1. 20' rope climb

## Level Designations

# PLATINUM

Advanced/Pre-Team

# GOLD

Advance Intermediate

# SILVER

Intermediate

# BRONZE

Beginner

# FUN GEMS

Pre-School level  
2-6 years