

Novice

****Parents listed below are some of the things that your gymnast can practice at home for each event that will help them to progress to the next class level which is Bronze.***

Vault

- Running (speed is very important for this event)
- Arm Swing (making sure arms swing up by ears while jumping)
- Arm Circle (swinging arms in a full circle backwards starting with arms up)
- Hurdles (jumping off one foot and landing with two feet)

Bars

- Body positions (always keeping body tight and toes pointed)
 - Arch vs. hollow (arch (Superman) holds from stomach and the opposite hollow body holds)
 - Front support holds (holding push-up position with locked arms, head in and tight body)
 - Push-ups (good for conditioning; arm strength is very important for this event)
 - Candlestick holds (toes pointing up towards the ceiling)

Beam

- Coupe walks (hands in a "T" and make sure toe touches ankle of straight leg and that leg in coupe is always facing the front)
- Passé walks (hands in a "T" and make sure toe touches knee of straight leg and that leg in passé is always facing the front)
- Relevé walks (hands should be in crown position both legs should be straight with locked knees while walking on toes)

Floor

- Basic stretches
 - Straddle sit (right, left, middle)
 - Pike sit (point, flex)
- Splits (right, left, middle)
- Conditioning
 - Push-ups
 - Sit-ups
 - Alternating lunges
 - Squat jumps
 - Jumping jacks
 - Candlestick jumps