

# Excel & Int/Adv T&T Assessment

<b>Date:</b>	<b>Child's Date of Birth:</b>
<b>Coach:</b>	<b>Phone:</b>
<b>Child's Name (First and Last):</b>	<b>Parent Name and Email:</b>

<b>Physical Abilities</b>	NI	GD	EX
Rebounding			
Landing			
Tight body			
Hollow body			
V-snap			
Superman			
Push-up			

<b>Flexibility</b>	NI	GD	EX
Pike			
Straddle			
Right split			
Left split			
Middle split			
Bridge			

<b>Mental Preparation</b>	NI	GD	EX
Motivation			
Listening			
Follows instructions			
Corrections			

**NI:** Needs Improvement  
**GD:** Good  
**EX:** Excellent

**NOTES:**

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		NI	GD	EX
<b>EX1</b>	Skin the cat on p-bars			
	Front support, 3 casts, roll down on bars			
	Long swings, straight legs and regrasp			
	Front roll tuck			
	Back roll tuck			
	Handstand			
	Cartwheel (on line, Excel 1)			
	Power hurdle round off			
	<b>EX2</b>	Swivel hips		
Front drop				
Back drop				
Handstand roll				
Power hurdle, roundoff, rebound				
Handstand hop				
Bridge kickover (block ok)				
Pullover				
Pike glide swing				
Front handspring vault to flat back				
<b>EX3</b>	Power hurdle, roundoff to back			
	Front handspring (off blocks ok)			
	Back handspring (slight spot ok)			
	Front tuck (trampoline or mini)			
	Back hip circle			
	Straddle dismount from bars			
	Glide swing, pike toes to touch bar			
	Long swing pullover (slight spot ok)			
	Front handspring vault to feet			

Int  
T&T

<b>PLEASE CIRCLE FINAL PLACEMENT</b>	<b>GK1</b>	<b>EX1</b>	<b>Beg T&amp;T</b>
	<b>GK2</b>	<b>EX2</b>	<b>Int T&amp;T</b>
	<b>GK3</b>	<b>EX3</b>	<b>Teen</b>