

THE STUNT GYM

"The Christian Gymnastics School"

An Illustrated Explanation of the Student Profile

The Student Profile is both a chart for the instructor to track and plan the student's training, and for the parents to see the progress over the months. The reports will be given to the parents on a quarterly basis. Below is an illustration of each item to give parents a clear understanding of the meaning in the report.

Contact Information






If this information is incorrect, please notify the gym. Especially the phone number most important for calling in the event of an emergency.

Height & Weight

Quarterly measurement is taken to see if your child has grown taller or heavier.

Strength

All numbers are amount done in 60 seconds. Kids are on honor system and count their own. Consequently the numbers of the very young will probably be considerably off.



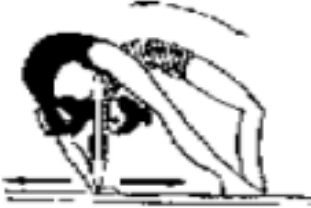
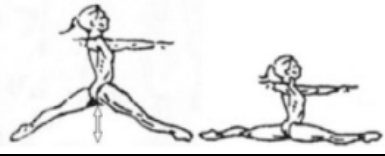

		
<p>Push-Ups: Body must remain straight and only the chin touches the floor.</p>	<p>V-Ups: Chest and legs lift simultaneously.</p>	<p>Arch Ups: Done on bench. Upper back lifts and leg raises 30" each added together for total.</p>
		
<p>Dips: On edge of bench shoulders go as low as elbows.</p>	<p>Squat Jumps: Back straight seat touches heels and jump returning to squat.</p>	

Medical Contact Information

This information was provided at registration and remains on the class card in the roll book for easy access. If this has changed, please notify the gym.

Flexibility

The top row is the date of the test. The lower rows are measurements of the body showing the range of motion your child has. The coach measures the boys, but a mother or another girl in the class is asked to measure the

		
<p>Pike: The measurement is how close the student folds his chest to his legs while the legs remain</p>	<p>Pancake: The measurement is how close the abdomen is to the floor in a straddle sit.</p>	<p>Bridge: Shoulders directly over the hands is "0" Distance towards feet is positive number, past hands is</p>
		
<p>Right & Left Splits: The measurement is the distance the pelvis is from the floor.</p>	<p>Middle Splits: The measurement is from the pelvis to the floor.</p>	

Personality Notes

Languages

Beneath the flexibility chart are the languages as described by Gary Chapman. The first is the 5 Love Languages which has been adapted here as "Encouragement". They have one language for encouraging others listed as "Encourages by" and a language by which they feel encouraged. These 5 Love Languages that Chapman lists are:

Encouragement

1. Words of Affirmation changed to "Praise"
2. Quality Time changed to "Time"
3. Receiving Gifts changed to "Gifts"
4. Acts of Service changed to "Service"
5. Physical Touch changed to "Pat on back"

Forgiveness

The second is also by Chapman on the 5 Languages of Apology. Like the first, they have one they give and one they receive.







1. Expressing Regret changed to "Sorry"
2. Accepting Responsibility changed to "My Fault"
3. Making Restitution changed to "Fix It"
4. Genuine Repentance changed to "Change"
5. Requesting Forgiveness changed to "Please Forgive"

Skills List




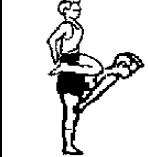


Y means "yes, they can do the skill" and N means "no, they can not". A "yes" does not mean complete, but rather the function. It is a guide for the instructor to keep track of what skills need work. Students are trained in 3 gymnastics disciplines: Tumbling, Stunts & Trampoline. Advancement is based upon demonstrating success in all the tumbling skills in each of the 3 levels: Beginner, Intermediate and Advanced. Partner stunts are divided between two groups, pairs and trios. Since students come and go, and stunt success depends on partners, it is not possible to indicate mastery. The yes or no only indicates that they have done the skill successfully with someone. Since trampoline is individual, marks are given if they show they have successfully performed a trick. However, trampoline is not used as part of the advancement mandate. Tumbling is the only discipline that determines ad-

Beginner Skills







Tumbling

					
Back Roll	Handstand	Forward Roll	Cartwheel Right	Cartwheel Left	Forward







Pair Stunts

					
Seated	Seated Foos	Sit Up and Roll	Pony Sit	Cartwheel over	Catch Jump

Trio Stunts







					
Squash Pyramid	Cradle Hold	Hand-Knee Stack	Peanut Roll	Seated Thigh-	Basket Toss

Trampoline




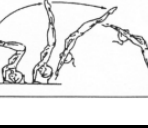
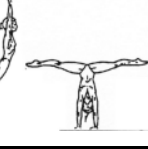

					
Bounce Arm	Stop Bounce	Tuck, Straddle,	Seat Drop	Doggie Drop	Back Drop

Intermediate Skills




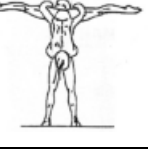

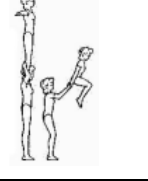
Girl's Tumbling

					
Handstand to	Handstand Roll	Round Off	Back Bend	Bridge Kickover	Back Walkover

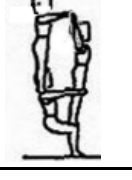





Boy's Tumbling

					
Handstand to	Handstand Roll	Dive Roll	Head Spring Box	Run Forward	Round Off



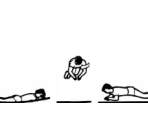
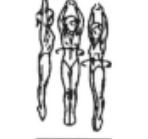


Pair Stunts

					
Shoulder Sit to Thigh Stand	Foos with Flight	Hand Knee Shoulder	Double Cartwheel	Side Climb to Shoulders	Support Dismount

Trio Stunts

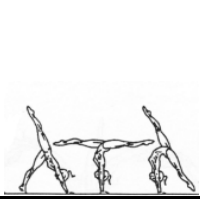

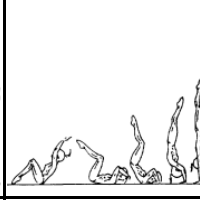
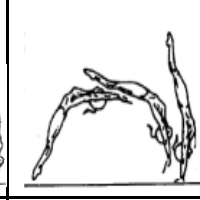
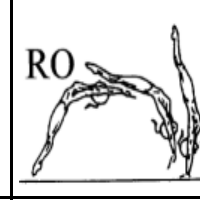
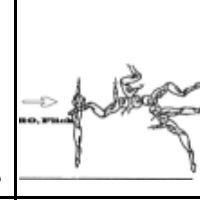
					
Half Column Box	Cradle Toss	Cradle Back Roll	G: Reverse Thigh Stand Back Bend B: Lean Shoulder Stand	Hand Knee Shoulder Bal Lunge	Basket Straddle Dismount

Trampoline

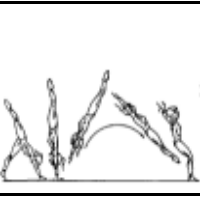
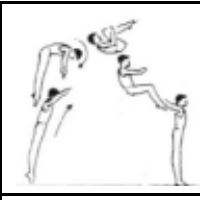
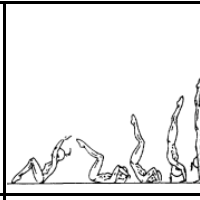
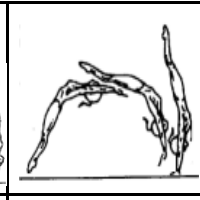
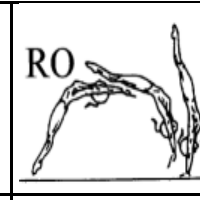
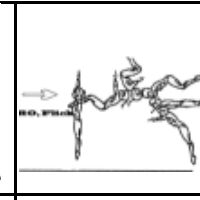
					
Swivel Hips	Airplane	Turn Table	Jump Half turn	Cradle Drop	Doggie Front flip

Advanced Skills

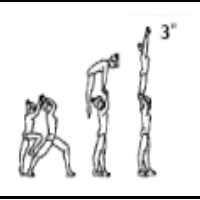
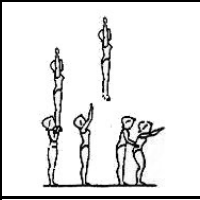
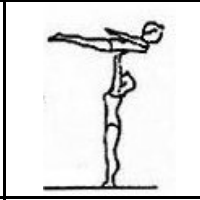
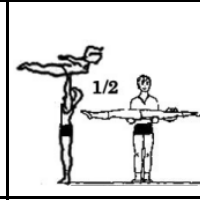
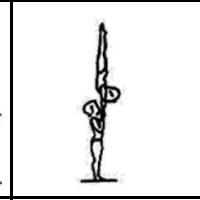
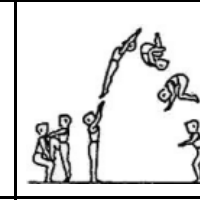
Girl's Tumbling

					
Front Walkover	Running Front	Back Extension	Standing Back	Round Off, Back	RO, Flick, Back

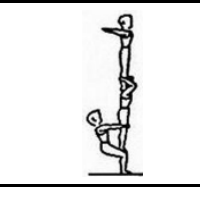
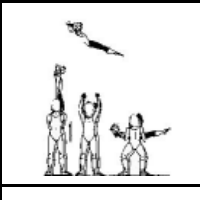
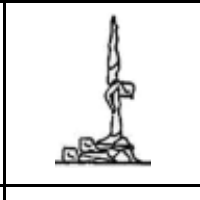
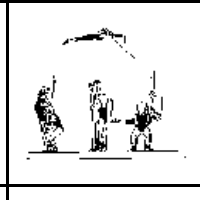
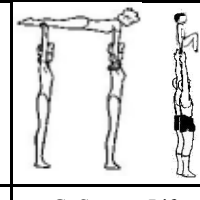
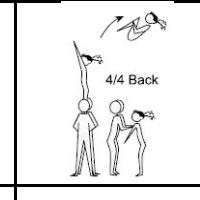
Boy's Tumbling

					
Running Front	Run Front Tuck	Back Extension	Standing Back	Round Off, Back	RO, Flick, Back

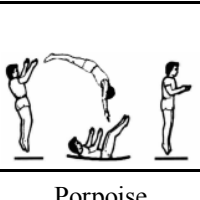
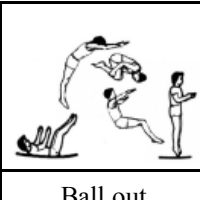
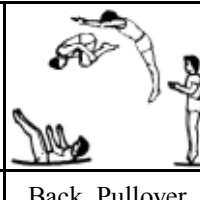
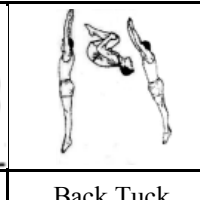
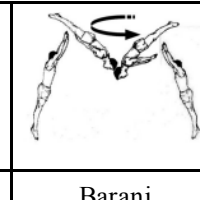
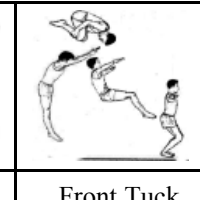
Pair Stunts

					
Calf Mount to	Foot to Hand	Front Bird	Half twist Cradle	Hand to Hand	Foos Back Tuck

Trio Stunts

					
Half Column	Basket Toss Cradle Catch	Candle Stick Pyramid	Double Foos to Cradle	G: Support Lift B: Double Support Tuck Lever	Basket Toss Back Tuck

Trampoline

					
Porpoise	Ball out	Back Pullover	Back Tuck	Barani	Front Tuck