



Conditioning Testing-

2017 / 2016	2015/ 2014
Cast to horizontal (<i>must return to bar- show 2x</i>)	Cast to min 45 degrees/ Cast to within 10 degrees of handstand (<i>must return to bar</i>)
Leg lift ½ to shoulder stand (<i>Max 15- bent legs will not count</i>)	Leg lift ½ to shoulder stand (<i>Max 15 – bent legs will not count</i>)
Sprint (<i>20m for time</i>)	Sprint (<i>20m for time</i>)
Straddle lever to handstand (Max 5) 1 point for up 1 for down	Straddle lever to handstand (Max 10)
Rope climb (<i>6 Foot target</i>)- Timed	Rope climb (<i>12 Foot target</i>)- Timed
Jump ups (<i>Max in 30s</i>)	Jump ups (<i>Max in 30s</i>)
Handstand hold (<i>Max 30s- 2x attempts</i>)- <i>Good Shape</i>	Handstand hold (<i>Max 30s- 2x attempts</i>)- <i>Good Shape</i>
Shuttle runs (<i>max in 60 s</i>)	Shuttle runs (<i>Max in 60s</i>)

Skills Testing-

	Vault	Bars	Beam	Floor
2017 / 2016	Handstand flat back- 60cm	Upstart Horizontal Cast 3 x fish swings-5 Large Swings	Split Jump Spin prep 5s Handstand- lunge Backward walkover (Floor Line)	R/o to fall back to mat Backward roll to front support
2015	Tuck front- 60cm	Upstart cast to 45 3 x fish swings- 5 large swings to flat back	Split Jump ½ Spin-1/2 Turn Backward walkover Cartwheel	Round-off flic-stretch jump (on line) Handspring to 2- fall forward
2014	Straight front- 60cm	Upstart cast to handstand	Split Leap- Stretch jump-	Round-off- flic-tuck back on



		Loop bar- Upstart – 4 x giants, 1 x Scooped giant	Straddle Jump 1/1 Spin Flic to 1 Cartwheel tuck (Coach must stand in)	line 2 x hurdle, handspring- 1 handspring- 2
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Flexibility-

3-way split on floor line

Bridge chest to wall straight legs, both legs, & leg lift

Leg kicks- fwd, swd, bwd, needle.