



# Girls Level 3 Gymnastics

Let us start by welcoming you and your family to Azarian Gymnastics! We would like to take a minute of your time, as you begin your adventure with us, to have you read over the class description that we have set for your child. Please know we put a lot of passion into developing programs that will not only challenge your child's physical abilities, but will also enhance their self-esteem and give them a wonderful activity to look forward to. Each class has specific core skills that are the emphasis of that particular level. They must successfully master all skills located on their checklist to advance to the next level. Every child advances and learns at their own pace. It is very common for children to stay in the same class for a few months, all the way up to a year, or even beyond.

We pride ourselves on teaching gymnastics technically correct in a safe environment; therefore children will not progress to a new skill until they are ready. Please feel free to talk to your child's coach if you have any questions. We strongly encourage communication between coaches and parents. Sometimes, between classes, it might be busy and there may not be an opportunity to approach your child's coach. Therefore, you may stop by the front office at any point and leave a message for your child's coach or for Erika, the program director. Once again, we would like to welcome you and thank you for giving us the opportunity to work with your child. This is something that each member of our staff does not take lightly.

## Level 3 Girls

**(Coaches make the final decision on moving up based on skill accomplishment, attitude, good work ethic and confidence.)**

Level 3 is our advanced intermediate level. At this level gymnasts will have attained the needed strength and flexibility to move forward with advanced level skills. Level 3 requires one 90 minute class per week. Gymnasts will notice faster progressions the more they are in the gym and able to work on their skills, therefore we welcome and encourage any gymnast to come more than once a week if they have the drive and desire to do so. For girls that are interested in joining our A-Team or Xcel Teams after Level 4, we **strongly** encourage to come at least twice a week beginning in Level 3. By coming more times per week gymnasts are able to gain valuable additional practice on the equipment and build the necessary strength to improve and their skills for our competitive teams. All students within Level 3 will push their knowledge and strength in the sport to master complex gymnastics skills. This level mimics similar skill requirements as Level 2 in the competitive Junior Olympic girls program through USA Gymnastics.

Level 2 students will have one 90 minute lessons per week of fun and fitness! All classes start together with a 15 minutes stretch to warm and wake up the muscles. Our warm ups include cardio exercises as well as static and active flexibility. A proper warm up is vital for safety and therefore students who miss the warm up will be asked to stretch individually next to their coach upon arrival.

After the warm up has concluded gymnasts will break up into their individual classes. Level 2 Girls will work on five events per class following our set 2 week rotation schedule. This rotation schedule allows for all Level 2 classes to work on the same apparatus throughout the week and also regulates that each class is getting to all the events.

### Equipment Used In Flippers:

- Vaulting table, porta-pit vault, quad bars, uneven bars, floor beams, low beams, high beams and floor exercise.
- Spring boards
- Safety and teaching mats
- Trampoline
- Tumbl-Trak
- Loose Foam Pit
- Ropes

The skills listed in the Level 3 myskillchart.com are the main focus of the class, however specific drill and progressions will continuously be perfected and used to obtain these goals, but are not listed. Improvements in strength and flexibility are also essential to progress.