

'Ohana Athletics Tumbling Report Card

We are judged based upon perfection of skills performed on a spring floor. Therefore our "grades" for athlete tumbling are held to these same standards.

- **MASTERED**

- Skills are performed on the spring floor with PERFECT execution and technique on a CONSISTENT basis.

- **ADVANCED**

- Skills are performed on the spring floor without a spot but needs MINOR CLEANING and CONSISTENCY.
- Examples:
 - Forward roll - athlete can come out of forward roll without use of hands, but feet are not together.
 - Back walkover - athlete can lift leg while initiating back walkover, but knees are slightly bent and need to be locked out.
 - Front walkover - athlete can come out of front walkover but both arms are not up by ears when coming out - usually one arm is out to the side..

- **INTERMEDIATE**

- Skills are performed on the spring floor with a light/no spot but needs MAJOR CLEANING and CONSISTENCY.
- Examples:
 - Forward roll - athlete can come out of forward roll without use of hands, but feet are not together.
 - Back walkover - athlete can lift leg while initiating back walkover, but knees need to be locked out and toes need to be pointed OR athlete can't lift leg while initiating back walkover, but knees are locked out and toes are pointed. Front walkover - athlete can come out of front walkover without touching the ground, but both arms are not up by ears when coming out.

- **BEGINNER**

- Skills are performed on the air track, tumble track, and/or spring floor with a spot.
- Examples
 - Forward roll - athlete needs to use hands to stand up out of forward roll
 - Back walkover - athlete performs bridge kickover vs back walkover or legs are very bent.

- **DOES NOT HAVE SKILL**

- Self explanatory 😊