

ASPIRE GYMNASTICS 1ST ANNUAL SUMMER IN-HOUSE COMPETITION



Development + Routines

FLOOR

1. Poses
2. Cartwheel, step in
3. Back roll to front support
4. Slide to knees, stand up and pose
5. Step passé
6. Heel snap turn
7. Step and hug
8. Chassé step split, pose
9. Split jump
10. Handstand hold
11. Candle stick, pike sit
12. Bridge kickover
13. Relevé, pose

BEAM

1. Swing leg over
2. Tuck to stand
3. Needle hop
4. Passé hold 2s
5. Straight jump, relevé hold
6. Front kick, back kick, relevé hold
7. Pivot turn or 1/2 spin
8. Cartwheel to handstand dismount

BARS

1. Glide swing
2. Pullover
3. Cast, back hip circle
4. Dismount

In House Competition: **Sunday June 23rd**. Registration deadline: **May 25th**.
Competition times will be given out closer to the date!