

ASPIRE GYMNASTICS 1ST ANNUAL SUMMER IN-HOUSE COMPETITION



Development Routines

FLOOR

1. Beginning Pose: Kneeling - one hand in present, one on hip
2. Stand up, forward roll to stand
3. Straight jump, stick
4. Arabesque balance, 1s hold
5. Chassé, pose (optional)
6. Candle, bridge (kickover, or 1 leg lift)
7. Handstand
8. Ending pose (optional)

BEAM

1. Tuck on
2. Passé hold, to straight leg lift
3. Straight jump
4. Crawling with straight legs
5. Lever (finger touch to beam)
6. Forward leg kicks x2
7. Pose (optional)
8. Jump off, present

BARS

1. Glide swing
2. Pullover
3. 3 Cast
4. Back hip circle
4. Dismount: front circle down, present

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