



Inland Empire Gymnastics Academy | PreTeam Girls Skill Sequence

VAULT

Hurdle, Dive Roll
Run, Hurdle, Dive Roll
Stick & Finish

UNEVEN BARS

Pull-Over
Back-Hip Circle (no cast)
3 Casts, Back-Hip Circle
Straddle Shoot Dismount
Stick & Finish

BALANCE BEAM

Mount to Squat
Plie, Straight Jump
Open Handstand
Coupe Walks x3
Round-Off Dismount
Stick & Finish

FLOOR EXERCISE

Handstand
Hurdle, Cartwheel
Round-Off
Backward Roll to Pike Stand
Walkover
Stick & Finish