



Gymnastics
New South Wales

NL1

			VAULT	BARS	BARS	BEAM	BEAM	BEAM	FLOOR	FLOOR	FLOOR	FLOOR
			From standing on 60cm box step down to a board, immediate straight jump to land on 30cm mat, arms start down and behind hips and lift to vertical at peak of jump. Arms forward horizontal on landing.	Casts x 2 in series (hips off bar in casts)	Jump to front support on LB, show dish shape, hold for 2 seconds (start can be from box, beat board or floor)	4 x walk forwards (point step weight transfer)	Straight jump drill	Half turn on 2 feet	Handstand ('L' handstand) Minimum requirement one leg to vertical, 2nd leg to horizontal	Tuck forward roll	Step into straight jump, immediate rebound into straight jump	Tuck jump
Club	1st Name	Surname	1	2	3	4	5	6	7	8	9	10
Armidale	Barr	Zoe	Green	Blue	Green	Green	Red	Red	Orange	Green	Red	Blue
Armidale	Brennan	Claire	Red	Green	Red	Red	Blue	Red	Yellow	Green	Green	Red
Armidale	Kennedy	Georgie	Green	Red	Red	Green	Green	Green	Green	Yellow	Red	Blue
Armidale	McGilchrist	Zara	Blue	Green	Red	Red	Green	Red	Yellow	Red	Green	Red
Armidale	Pearce	Lila	Blue	Red	Red	Red	Red	Blue	Red	Blue	Blue	Red
Armidale	Percy	Maeve	Yellow	Green	Red	Yellow	Blue	Red	Green	Red	Green	Blue
Armidale	Piddington	Stella	Blue	Red	Red	Red	Blue	Red	Green	Blue	Red	Blue
Armidale	Edwards	Isabella	Blue	Red	Blue	Blue	Blue	Red	Yellow	Blue	Green	Red
Armidale	El Shamrout	Shana	Blue	Blue	Blue	Blue	Blue	Red	Red	Red	Red	Blue
Armidale	Harper	Aayla	Blue	Blue	Blue	Blue	Red	Blue	Red	Blue	Blue	Blue
Armidale	Marks	Matilda	Red	Red	Blue	Blue	Red	Red	Green	Red	Red	Blue
Armidale	Morgan	Molly	Blue	Blue	Blue	Red	Blue	Red	Blue	Blue	Blue	Blue
Armidale	Mosquera-Suarez	Lucianna	Blue	Red	Blue	Red	Red	Blue	Green	Blue	Blue	Blue
BCI	Fenn	Erica	Red	Green	Red	Red	Green	Green	Green	Blue	Green	Red
BCI	Jones	Olivia	Blue	Red	Red	Yellow	Green	Green	Green	Red	Yellow	Red
BCI	Mitchell	Ava	Blue	Green	Red	Blue	Red	Blue	Green	Blue	Red	Blue
BCI	Simpson	Chloe	Green	Green	Green	Red	Red	Green	Yellow	Red	Red	Blue
BCI	Tan	Faith	Red	Green	Red	Green	Red	Blue	Yellow	Red	Yellow	Red
Gym Fun	Carroll	Jorji	Red	Red	Red	Yellow	Green	yr	Orange	Red	Yellow	Red
Gym Fun	Elliott	Macey	Red	Red	Blue	Red	Red	Red	Yellow	Red	Orange	Red
Gym Fun	Noble	Holly	Red	Red	Blue	Red	Red	Red	Yellow	Red	Red	Blue
Gym Fun	Patterson	Elkie	Blue	Red	Blue	Blue	Red	Blue	Red	Green	Green	Red
SCGA	Castro	Elizabeth	Blue	Green	Green	Red	Yellow	Green	Green	Red	Red	Green