

Evaluation Criteria

Participation in Gym-Masters at Southern Adventist University is a demanding, intense physical activity requiring upper-body and lower-body strength and aerobic conditioning. Candidates must be in good physical condition and be height/weight proportionate. They must also have health and hospitalization insurance. There are no minimum/maximum height or weight requirements. Males and females are equally eligible to try out.

The following criteria are not listed in any particular order of importance or weight. (Criteria for men emphasizes basing responsibilities.)

- Ability to learn and perfect material quickly
- Ability to follow direction
- Aerobic capacity
- Balance (Left & Right heel stretches, Left & Right liberty, handstands, etc.)
- Being responsible, dedicated, and coachable
- Being a team player
- Having a can-do, won't-quit attitude
- Projection of energy and enthusiasm from up close and at a distance
- Strength (sit-ups, military press, dips, bench press, cleans, etc.)
- Stunting (base or flyer)
- Tossing (basic flying positions, fair, tuck, pike and layout)
- Tumbling (standing and line tumbling; front, back, and twisting tumbling; aerials; etc.)
- Vertical jumping ability
- Flexibility (all three splits, back and shoulders)

Tumbling and Stunting Requirements

No specific tumbling or stunting skills are required for candidates to be eligible to try out. Options in each category will be provided. If you can do it, show it. The more difficult the skill gymnasts can demonstrate in each category, the more credit they will earn. Candidates must be comfortable enough with any tumbling or partner stunt skill they attempt to perform to be on the mats without a spotter. Attempting a skill you cannot do well or that scares the audience demonstrates undesirable recklessness. A person could potentially make the team without specific tumbling or partner stunting skills if he or she is exceptional in other aspects of their evaluation (as presented above) and is willing to learn to tumble and partner stunt.

Partner stunts may be learned during try outs; however, it is very difficult to advance quickly during the tryout period. It is helpful for candidates to have had experience before coming to tryouts.

All candidates are expected to accept the coach's decision as final and binding.

Gym-Masters 2008-2009 Check Off Sheet

Flexibility

Right Split _____

- 1 = within 3 - 6 inches
- 2 = almost down 1 - 2 inches
- 3 = down forced
- 4 = down no stress
- 5 = 6" over split

Left Split _____

- 1 = within 3 - 6 inches
- 2 = almost down 1 - 2 inches
- 3 = down forced
- 4 = down no stress
- 5 = 6" over split

Straddle/Pancake _____

- 1 = down/135/head
- 2 = down/135/chest
- 3 = down/160/head
- 4 = down/160/chest
- 5 = down/180/belly

Back Bend/walkovers _____

- 1 = down and up
- 2 = down and up/feet don't move
- 3 = front or back walkover
- 4 = front and back walkover
- 5 = both with leg at waist high

Tumbling

Standing back handspring _____

- 1 = on tramp no spot
- 2 = on tumble tramp no spot
- 3 = rod floor no spot
- 4 = floor – fair form
- 5 = floor from snap down

Standing back flip _____

- 1 = on tramp no spot
- 2 = off stack
- 3 = on pit or landing pad
- 4 = on floor not above chest height
- 5 = on floor chest height or above

St. B. handspring back flip _____

- 1 = on tumble tramp
- 2 = on rod floor
- 3 = on floor – fair form and height
- 4 = on floor – good form and height
- 5 = on floor from handstand snap down

Front flip RO, BH, BT _____

- 1 = fr. F. on rods or RO, 2 BH on floor
- 2 = fr. F. on floor or RO, BH, BT on floor
- 3 = fr. F. – RO – BH on rods
- 4 = fr. F. – RO – BH – BT on rods
- 5 = fr. F. – RO – BH, BT on floor

Layout _____

- 1 = on tramp – straight position
- 2 = on tumble tramp – straight position
- 3 = on rods out of RO or BH - slight arch
- 4 = on rods above head height straight
- 5 = full twist

Optional Skills

Skill #1 _____

Skill #2 _____

Stunting

180 mount _____

- 1 = to low many steps and adjustments
- 2 = to low fair form and height
- 3 = to low press to high
- 4 = straight to high
- 5 = straight to high good form, flex, tech

Hand to hand _____

- 1 = high low 3-5 seconds fair form
- 2 = high low 5 sec. tuck down through arms
- 3 = high low 5 sec. pike down through arms
- 4 = high low push to high or pop to high
- 5 = press to high hand to hand hold 3-5 sec.

Toss to hands _____

- 1 = assisted toss to hands
- 2 = assisted toss to extension
- 3 = toss to hands
- 4 = toss to hands immediate extension
- 5 = toss to extension

Elevators _____

- 1 = prep – push high – cradle down
- 2 = prep to high – zero – full down
- 3 = T to prep – cradle – J retake to high - full down
- 4 = 180 in to prep – cradle - J retake to back tuck
- 5 = Pizza man, full to J retake, double full down

3 high/butterfly _____

- 1 = second or base butterfly
- 2 = top, second or base three high
- 3 = Second or base butterfly and three high
- 4 = 360 butterfly or three high
- 5 = 360 butterfly and three high

Fitness

Stall Bar V-ups _____

- hang from stall bar – back to wall
- pike legs up as high as possible hold 1 sec return
- number to 90 _____
- number to bar _____

Bench Press (males) _____

- up to 150 lbs – bench 105 lbs
- 150 lbs – 200 lbs – bench 125 lbs
- 200 lbs and up bench 155 lbs
- No bouncing off chest
- Touch and go to straight arms

Handstand Press _____

- 1 = handstand walk 15 feet
- 2 = handstand walk 30 feet
- 3 = tip up press
- 4 = L-sit – press to handstand on blocks
- 5 = straight leg straight arm press

Handstand _____

- 1 = handstand against wall one minute
- 2 = handstand against wall two minutes
- 3 = handstand free 30 seconds
- 4 = handstand free one minute
- 5 = handstand free 1 minute 30 seconds

Flying (women)

Jump/Flair _____

- 1 = jumps hard – extension – flairs at top
- 2 = jump–tight – excellent straddle at top - snappy
- 3 = kick to cradle
- 4 = full twist to cradle
- 5 = kick full

Tuck _____

- 1 = set - ok rotation - legs stay bent through landing
- 2 = set – chest up – good rotation – pikes to landing
- 3 = tuck open
- 4 = X-out
- 5 = X-out full

Pike _____

- 1 = set, head throws early legs at least at 90 and straight
- 2 = set, head neutral, pike is closed more than 90
- 3 = good pike open
- 4 = good pike split
- 5 = pike split full

Layout _____

- 1 = good set but Arched but toes and legs straight
- 2 = good set – straight – tucks or pikes down
- 3 = good set – straight through to catch
- 4 = layout split
- 5 = full twist

Back on _____

- 1 = timer 1 ft., tight on landing
- 2 = timer (split)
- 3 = back tuck flip on (assisted/back spot)
- 4 = back tuck on no back help
- 5 = back pike on no assist

Throwing and Catching (men)

Position _____

- low platform
- good timing throughout
- uses legs not back
- accelerates through throw
- flicks at top

Catch _____

- reaches high
- catches girl early
- pulls girl in
- uses legs to decelerate not arms
- good eyes

Aggression _____

- ready to throw always
- gives confidence with skill not voice
- encourages partners and flyer
- gives all, all the time
- throws equally no matter who the flyer is

Safety _____

- flyer never comes close to ground
- understands the skills to be thrown and knows limits
- sacrifices self for flyer
- uses proper form and technique
- always wanting to improve

Technique _____

- understands personal and flyer skills throwing
- takes instruction well – tries to make adjustments
- no excuses just does it till it is right
- always wanting to improve and be better
- knows how to give instruction positively