Rising Stars

(3 y.o. class moved up by age. Not eligible for Shining)

Vault	Bars	Beam	Floor
Jumping over pit blocks	Jump to front support	Forward walks (low)	Forward roll (wedge)
Up & over mats	Tuck hang	Sideways walks (low)	Backward roll (wedge)
Run and jump on baby board	Straddle hang	Backward walks (low)	Walk feet up wall to handstand
Jump to knees on small block	Swings	Forward kicks (low)	Teeter totter handstand
Tumble track (all jumps)	Bungee pull ups	Bunny hops (low)	Push up to bridge
		Bear walks (low)	All locomotors

Mini Stars

(4 y.o. class. moved up by age or skill level. if she has potential for Shining)

Jumping over pit blocks	Front support hold	Forward walks (med)	
Up & over mats	Casting	Sideways walks (med)	Forward roll
Run and jump on baby board	Forward roll dismount	Backward walks (low)	Backward roll (wedge)
Squat onto feet on small block	Swing	Forward kicks (med)	3/4 handstand
Tumble track (all jumps & rolls)	Block pullover	Bunny hops (low)	Full handstand against wall
	Elevator	Single leg bear walks (low)	Bridge with leg lifts
	Bungee pull ups	Straight jumps (low)	Beginning cartwheel
			Wall walk to handstand hold
			Back bend down wall
			All locomotors

All Stars

(5 y.o. class. moved up by age or skill level. if she has potential for Shining. The majority go to red)

Up & over mats	Casting with hips leaving bar	Forward walks (high)	Forward roll
Run & jump on board to roll on rezi	Glide swing	Sideways walks (high)	Backward roll
Barrel handstand flatback	Pullover	Backward walks (med)	Full handstand
	Beginning back hip circle	Forward kicks (high)	Carthwheel
	Elevator to a shoot through	Bunny hops (med)	Bridge kickover (wedge)
	Bungee pull ups	Handstand on highway beams	Back bend on mat
		Straight jumps (low)	Chasse, jumps & leaps