

	8-9	10-11	12	13-14
Floor Ex (all back pike somi must touch toes first)	<b>RO 3 Back handsprings</b>  RO BHS Pike-open (block drill)	<b>RO 2 BHS to Pike Open (block drill)</b>  <b>10yr</b> FHS step out, Front handspring to boulder <b>11 yr</b> FHS to boulder to pike or lay	<b>RO 2BHS Pike Open</b> 3 whips (tramp or floor) FHS front layout to front tuck, <u>or FHS</u> <u>front layout to</u> <u>layout.</u>	<b>RO BHS Layout</b>  Front handspring to 2 or 3 front layouts (tramp, rod, or reg. Floor)
Pommel	<b>3-6 saddle loops no pommel, floor horse</b>  Floor Mushroom (contest)	<b>8-10 saddle loops, no pommel, regular horse</b>  Floor Mushroom (contest) -11yrs do with single pommel between hands	<b>5-8 saddle loops, w/pommel, on floor or regular horse.</b>  Front Moore (Contest)	5-7 saddle loops over pommels, travel to either end to 3 loops  Pommel Loop/Pommel Circle (Contest)
Rings	<b>4-5 Turn over swings and shoot to support</b>  L-support press to handstand use cables and show ring turnout	<b>4-5 Turnover swings and shoot to support, L hold press to handstand</b>  2 Giant swings, (2 dislocates thru 45° from shoot or bail)	<b>4-5 Turnover swings and shoot to hand, lower to L hold and press to handstand</b>  Pike whip-it to support	<b>Giant to hand both directions</b>  Pike or Straight whip-it to support
Vault	<b>Round off from floor to 8 inch or panel mat</b>  Front pike to mats, 36-48inches	<b>Front pike to stacked mats 48 inches</b>  Round off pike open from vault board (block drill)	<b>Front pike to stacked mats 60 inches</b>  RO pike- open off board RO whip-bk off board	<b>Front pike to stacked mats 60 inches</b>  RO pike open from vault board RO Whip back from vault board
P-bars	<b>Bail to back pull over (giant drill), may go thru support without grip release</b>  5 Basic swing thru handstand to 10 sec handstand hold on final swing	<b>Bail to giant drill (to or thru support without hand release)</b>  Drop kip swing to handstand, then 3 basic swings thru handstand to 10 sec hold after last swing, lower to drop cast/undershoot off end.	<b>Giant drill to or thru support without hand release or giant to handstand.</b> Drop kip swing to handstand, then hop swing to 2 basic swings thru handstand and 10 sec hold after last swing, then support swing with ¼ (Stutz/diam drill)	<b>Giant drill to or thru support without hand release or giant to handstand</b>  Healy, Diamidov or Stutz to <u>handstand</u> , then pirouette to 5 sec. handstand hold  Peach Basket to support
High Bar	<b>3 Front giants then change direction to 2 back giants then a (¾/ baby giant) that goes thru support with straight to hollow body directly to under-swing (Straps)</b>  Cast handstand to free hip to handstand in straps or regular bar.	<b>(10yrs)3-5 front giants and change direction to immediate free hip handstand connected to free hip hand, to 2 back giants and then ¾ or baby giant thru support with straight to hollow body directly to under- swing (strap bar)</b>  (10yrs)reverse grip cast handstand, hop to over-grip and flyaway dismount  <b>(11yrs) 2 Front giants to early pirouette returning to 2 front giants and early pirouette to regular giant to flyaway</b> (11 yrs)Free hip to handstand, swing half turn(or hop ½) to handstand, 2 giants to layout.	<b>2-3 Front Giant to early pirouette to 2 front giants and early pirouette to immediate free hip</b>  Endo or stalder	<b>2-3 front giants to early pirouette return to front giant and early pirouette to immediate free hip</b>  Kovacs tap and preparation swing  Jam to handstand or half takamoto  Chinese Tap Development
Strength	Straddle L press to handstand contest. Pushup contest (30 sec) Chin-up contest (10	Pike press contest (parallets) Handstand pushup contest Pushup contest (30 sec) Chin-up contest (10 sec) L-rope climb	Stoop press to hand contest (parallets) Handstand pushup Pushup contest (30 sec)	Stoop press to hand contest (parallets) Handstand pushup contest Pushup contest (30 sec) Chin-up contest (10 sec)

	sec) Rope Climb		Chin-up contest (10 sec) L-rope climb	L-rope climb
Trampoline ( <b>all back pike must touch toes first</b> )	Prep bounce, front drop to back drop	Prep bounce and front drop to back drop. Prep bounce to tuck or pike open.	Prep bounce front drop to back drop Prep bounce to back somi straight or pike	Prep bounce and front drop to back drop, or Cody Prep bounce to back somi straight

## 2008 Prep Camp Skills and Drills

Please make sure your athletes are familiar with their respective "skills and drills" prep items for camp.