



CJD & G GYM SKILL LEVEL PROGRAM



Saturday March 31st @ CJD&G

All gymnastics and tumbling classes (Primary level through Advanced level) are working on our Central Jersey Gymnastics Skill Level Program during the floor time of their class. This 11 level progressive program is based on our lesson plans for floor exercise and tumbling. Students, along with their teachers, choose an appropriate level, and from mid-year, we take the opportunity to focus on practicing and mastering the skills at their level. This program encourages and rewards focus, practice, diligence and continuity. On Saturday March 31st we will hold our annual Gymnastics Skill Testing Program at CJ. The skill testing is *optional* and there is a \$12.00 fee for those who participate. If you would like to participate, you will come in the afternoon of Saturday March 31st, and C J Staff will score the execution of the skills at each level, plus a short combination of those skills. Students are awarded points for their efforts and receive a ribbon for each skill level and a certificate of accomplishment yearly. They also garner points each year and when they accumulate:

- 15 points- they receive a Bronze medallion trophy (*usually takes 3 yrs)
- 30 points- they receive a Silver medallion trophy (usually take 1 or 2 yrs add'l)
- 45 points- they receive a Gold medallion trophy
- 60 points- they receive a Platinum Award

If you would like to participate in the Skill Level Testing Program, please complete and return the form below **as soon as possible**. You will be scheduled for a 15 minute time slot on Saturday March 31st between approx. 1:30- 3:30 pm. You will be given a packet with your scheduled time and score sheets in class the week after you register. Times are difficult to change after the schedule is completed so if you have a time request, kindly specify on the registration form (give an hour span please- i.e. between 2:00 – 3:00) and we will try to accommodate you. Time requests will be taken on a first come first serve basis so if you have a time request, be sure to register early. We will not be able to accommodate time requests after Feb. 25th. **PLEASE BE SURE TO PICK UP YOUR PACKETS FROM YOUR TEACHERS or at the desk the week after you register. Registration will be accepted until all time slots are ALL FILLED.** Please make checks payable to CJDG.

*Please note: The skill test program takes about 15 minutes. The children will enter the gym, warm-up and then present their skills to panel consisting of all CJ staff. They will receive a ribbon upon completion. They will get their score sheets and certificates the following week in class. Medallion trophy winners will be posted the week after the program, and trophies will be given out the end of April. Note: parents may not enter the gym during the program- they are to wait in the office. This is not an audience program. That program is GYMFEST which will be Sat. June 2nd Gymfest registration will go out in May. Time requests will be accommodated on a first come first served basis. Registration will be accepted until all time slots are filled. REGISTER EARLY TO GUARENTEE YOUR SPOT. **Keep top portion for your reference and return bottom ASAP***

GYM SKILL TEST PROGRAM Saturday March 31, 2012

STUDENTS NAME: _____

CLASS LEVEL- PLEASE CIRCLE _____

Primary Adv. Primary 1 or 2 Novice Adv. Novice Interm. Advanced, Adv+ SS Team _____

Novice Tumbling Intermediate Tumbling Advanced Tumbling _____

Teacher: _____ Class Day _____ Class Time _____

Special time requests: _____

Need to take a "make-up" test: _____ (available **only** to students already in the program)

TESTING SKILL LEVEL: TO BE FILLED IN BY TEACHER

1 2 3 4 5 6 7 8 9 10 11