*****SHOOTING STARS***

**VAULT**

-Running and Arm Circles -Jump Sticks (3 positions) -Squat On/Straddle On

-Hand Stand Flat Back -Dive Roll to Portapit -Squat & Straddle Jump Off

-Squat Through -Straddle Over -Jump to Hand Stand Back to Board

-Jump to Hand Stand Flat Back

**Competition Vault:**

**BARS**

-Re Grip Swings -3 Casts to Horizontal -Glide Swings

-Pull Up -Pull Over -Long Hang Pull Over

-5 Tap Swings -Tap Swing onto Low Bar -Back Hip Circle

-Front Hip Circle Trainer -Under Swing Dismount -Sole Circle Trainer

-Cast Squat on Piked

**Competition Routine:**

**BEAM WARM UP**

-Releve Walks -Coupe Walks -Coupe Kicks Walks -Dip Walks

-Backwards Walks -Grapevines -Side Walks

-Pivot Turns

**BEAM**

-V Sit to Push Up Position -Leap 60 degrees -1/2 turns

-Stretch/Tuck Jump Series -Passe Series -Arabesque

-Forward Rolls -Cartwheel on LB -Cartwheel HS DM

**Competition Routine:**

**FLOOR**

-Splits -Full Turn -Chasse’ -Leap -Stretch/Tuck/Straddle Jump

-Assemble’ -Hitch Kick -1/2 Turn to Froward Coupe’

-Forward Roll -Straddle Roll -Backward Roll to push up position

-Cartwheel -One Hand Cartwheel -Bad Side Cartwheel

-3 Step Round Off Rebound -Backbend -Backbend Kickover

-Hand Stand -HS Forward Roll -HS Front Limber

**Competition Routine:**

**CONDITIONING**

-Frog Jumps -Bear Walks (Mat) -Wall Taps -HS on Wall

-Toe Raises -Wall Sits -Hollow Holds -Super Mans

-Pullover Trainers -Reverse Dips