



TURTLE TOTS 5 ROUTINES!

BARS

1. Glideswing
2. Assisted Pullover
3. 2 Casts
4. Cast Off

BEAM

1. Jump to Front Support
2. Toe Hook Mount
3. Four Forward Releve Walks
4. Straight Jump
5. Pivot
6. Four Sideways Walks
7. Straight Jump Dismount

FLOOR

1. Opening Pose: Step to the right *Clap, Step to the left *Clap (Boys Skip)
2. Straddle Forward Roll, Step Together
3. Forward Roll to Back
4. Bridge Up, lay down, roll over, jump to squat, stand
5. Step, Kick Lunge, Cartwheel, Lunge
6. Step, Kick Lunge, Handstand, Lunge, Step Together
7. Closing Pose: Drop down to one knee, tilt invisible cowboy hat (Boys Skip)

VAULT: MAT STACK

1. Straight Jump
2. Safety

Registration Closes March 22nd, 2024!

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VAULT: MAT STACK

1. Straight Jump
2. Safety

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FLIPS BASIC ROUTINES!

BARS

1. Chin Hang for 3 Seconds
2. Assisted Pullover
3. 2 Cast to 45 Degrees
4. Bar Forward Roll Dismount

BEAM

1. Jump to Front Support
2. Toe Hook Mount
3. Lever T
4. Straight Jump
5. Pivot
6. Four Forward Walks
7. Step, Lock, 1/4 Pivot
8. Tuck Jump Dismount

FLOOR

1. Opening Pose: Hands on hips, one foot popped, one arm goes out and around head
2. Step, Kick Lunge, Cartwheel, Lunge
3. Step together, Backwards Roll to Squat, stand
4. Pivot
5. Step, Kick Lunge, Handstand, Step Together
6. Tuck Jump
7. Closing Pose: Step forward to back tondu, hands circle around each other to High V

VAULT: MAT STACK

1. Handstand Fall Flat with tramp board

Registration Closes March 22nd, 2024!



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3. Step together, Backwards Roll to Squat, stand
4. Pivot
5. Step, Kick Lunge, Handstand, Step Together
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7. Closing Pose: Step forward to back tondu, hands circle around each other to High V

VAULT: MAT STACK

1. Handstand Fall Flat with tramp board

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FLIPS ROUTINES!

BARS

1. Pullover
2. 3 Cast to 45 Degrees
3. Back Hip Circle
4. Cast Off

BEAM

1. Jump to Front Support
2. Swing to Squat Mount
3. Step, Kick, Lunge, Lever Touch, Lunge
4. Step, Lock, Pivot
5. Split Jump
6. Step, Kick Lunge, Side Handstand Dismount

FLOOR

1. Opening Pose: On knees, one arm up, one arm angled down, move both arms slowly to front
2. Straddle Press to Headstand Forward Roll
3. Step, Kick Lunge, Handstand, Lunge, Step Together
4. Step Kick Lunge, Cartwheel Cap
5. Backwards Roll to Squat with Straight Arms
6. Front Limber *Stop at Bridge, Lay Down
7. Closing Pose: Sit up with bent knees, straighten one leg, one arm lifts up, head looks up.

VAULT

1. Handstand Fall Flat with Tramp Board

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FLIPS ROUTINES!

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BEAM

1. Jump to Front Support
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5. Backwards Roll to Squat with Straight Arms
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7. Closing Pose: Sit up with bent knees, straighten one leg, one arm lifts up, head looks up.

VAULT

1. Handstand Fall Flat with Tramp Board

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PRE ELITE ROUTINES!

BARS

1. Pullover
2. Cast
3. Back Hip Circle
4. Pike Dismount

BEAM

1. Jump to Front Support
2. Swing to Push Up Mount
3. Step, Kick Lunge, 1/2 Passe Turn
4. Step, Kick Lunge, 3/4 Handstand, Lunge
5. Pose: one hand goes to hip, other hand flips out to side, and look down arm
6. Split Jump
7. Step, Kick Lunge, Side Handstand Dismount

FLOOR

1. Opening Pose: Laying on stomach, hands crossed, legs bent with crossed feet. Kick 3x. Arms bend push straight & make a circle, with knees still bent. Roll over to bum, stand up and forward on one leg.
2. 1/2 Straight Jump, Tuck Jump Series
3. Round Off, Rebound
4. Backwards Roll to Push Up with Straight Arms
5. Pose: Shake side to side then "blow a kiss"
6. Sashe, Step, Leap, Step Lock
7. Step, Kick Lunge, Cartwheel Down to one knee
8. Closing Pose: one hand goes to hip, other hand flips out to side, and look down arm.

VAULT

1. Handstand Fall Flat with Spring Board

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PRE ELITE ROUTINES!

BARS

1. Pullover
2. Cast
3. Back Hip Circle
4. Pike Dismount

BEAM

1. Jump to Front Support
2. Swing to Push Up Mount
3. Step, Kick Lunge, 1/2 Passe Turn
4. Step, Kick Lunge, 3/4 Handstand, Lunge
5. Pose: one hand goes to hip, other hand flips out to side, and look down arm
6. Split Jump
7. Step, Kick Lunge, Side Handstand Dismount

FLOOR

1. Opening Pose: Laying on stomach, hands crossed, legs bent with crossed feet. Kick 3x. Arms bend push straight & make a circle, with knees still bent. Roll over to bum, stand up and forward on one leg.
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8. Closing Pose: one hand goes to hip, other hand flips out to side, and look down arm.

VAULT

1. Handstand Fall Flat with Spring Board

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BOYS BASIC ROUTINES!

BARS

1. Pullover
2. Cast
3. Cast Off Dismount

PARALLEL BARS

1. Tuck Hold
2. Three Swings
3. Dismount

FLOOR

1. Forward Roll
2. Reach forward to the floor and jump from straddle into a handstand
3. Straddle out to sit in straddle
4. Sit and roll back
5. Candlestick to Stand
6. Present

VAULT

1. Straight Jump

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BOYS BASIC ROUTINES!

BARS

1. Pullover
2. Cast
3. Cast Off Dismount

PARALLEL BARS

1. Tuck Hold
2. Three Swings
3. Dismount

FLOOR

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5. Candlestick to Stand
6. Present

VAULT

1. Straight Jump

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BOYS GYMNASTICS ROUTINES!

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BARS

BARS

1. Pullover
2. Cast
3. Back Hip Circle
4. Cast Off Dismount

1. Pullover
2. Cast
3. Back Hip Circle
4. Cast Off Dismount

PARALLEL BARS

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1. L Hold
2. Three Swings
3. Dismount

1. L Hold
2. Three Swings
3. Dismount

FLOOR

FLOOR

1. Forward Roll
2. Cartwheel
3. Jump from straddle into Handstand Forward Roll
4. Straddle out to sit in straddle
5. Roll backward to Candlestick
6. Roll to stand
7. Present
8. Round Off
9. Present

1. Forward Roll
2. Cartwheel
3. Jump from straddle into Handstand Forward Roll
4. Straddle out to sit in straddle
5. Roll backward to Candlestick
6. Roll to stand
7. Present
8. Round Off
9. Present

VAULT

VAULT

1. Straight Jump
2. Handstand Flat Back

1. Straight Jump
2. Handstand Flat Back

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TUMBLING ROUTINES!

ROUTINE #1

1. Beginning Salute
2. Round Off
3. Backwards Roll with Straight Arm to Squat
4. Forward Roll
5. Handstand
6. End Salute

ROUTINE #2

1. Pose: On your knees, head bent low, arms bent next to, push up to create circle, repeat. Put one foot up, push arms up, out, & down, stand.
2. Forward Roll
3. Step, Kick Lunge, Cartwheel
4. Lunge Pivot
5. Running Cartwheel
6. Round Off, Rebound
7. Step, Kick Lunge, Handstand
8. Ending Pose: Drop to one knee, push arms up, out, and down.

ROUTINE #3

1. Salute
2. Step, Kick Lunge, Front Limber
3. Step, Kick Lunge, Handstand Hold
4. Forward Roll
5. Back Limber
6. Salute

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TUMBLING ROUTINES!

ROUTINE #1

1. Beginning Salute
2. Round Off
3. Backwards Roll with Straight Arm to Squat
4. Forward Roll
5. Handstand
6. End Salute

ROUTINE #2

1. Pose: On your knees, head bent low, arms bent next to, push up to create circle, repeat. Put one foot up, push arms up, out, & down, stand.
2. Forward Roll
3. Step, Kick Lunge, Cartwheel
4. Lunge Pivot
5. Running Cartwheel
6. Round Off, Rebound
7. Step, Kick Lunge, Handstand
8. Ending Pose: Drop to one knee, push arms up, out, and down.

ROUTINE #3

1. Salute
2. Step, Kick Lunge, Front Limber
3. Step, Kick Lunge, Handstand Hold
4. Forward Roll
5. Back Limber
6. Salute

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TURTLE TOTS 3&4 ROUTINES!

BARS

1. Salute
2. Jump to Front Support
3. Three Casts
4. Bar Forward Roll
5. Salute

BEAM

1. Salute
2. Jump Over Bean Bags
3. Passe Walks
4. Lunge, Lever T
5. Forward walk
6. Jump to Safety
7. Salute

FLOOR

1. Salute
2. Forward Roll
3. Lunge to Cartwheel
4. Squat On, Jump to Safety
5. Forward Roll
6. Jump 4x on Squeakers
7. Forward Roll
8. Salute

VAULT

1. Salute
2. Straight Jump to Safety
3. Salute

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TURTLE TOTS 3&4 ROUTINES!

BARS

1. Salute
2. Jump to Front Support
3. Three Casts
4. Bar Forward Roll
5. Salute

BEAM

1. Salute
2. Jump Over Bean Bags
3. Passe Walks
4. Lunge, Lever T
5. Forward walk
6. Jump to Safety
7. Salute

FLOOR

1. Salute
2. Forward Roll
3. Lunge to Cartwheel
4. Squat On, Jump to Safety
5. Forward Roll
6. Jump 4x on Squeakers
7. Forward Roll
8. Salute

VAULT

1. Salute
2. Straight Jump to Safety
3. Salute

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PRE TEAM ROUTINES!

BARS

1. Pullover
2. Cast
3. Back Hip Circle
4. Cast Off

BEAM

1. Mount
2. Step, Kick Lunge, Lever Touch, Lunge
3. Step, Lock, Pivot
4. Split Jump
5. Step, Kick Lunge, Side Handstand Dismount

FLOOR

1. Opening Pose: Move hand to hip, repeat on other side, stand up.
2. Step, Kick Lunge, 1/2 Passe Turn
3. Sashe, Step Leap, Assemble Tuck Jump
4. Two 1/4 Jumps to Turn Around
5. Cartwheel Cap, Backwards Roll, Stand Up
6. Forward Roll
7. "Egyptian Pose" to Folded Arms

VAULT

1. Handstand Fall Flat (On 3 8")

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PRE TEAM ROUTINES!

BARS

1. Pullover
2. Cast
3. Back Hip Circle
4. Cast Off

BEAM

1. Mount
2. Step, Kick Lunge, Lever Touch, Lunge
3. Step, Lock, Pivot
4. Split Jump
5. Step, Kick Lunge, Side Handstand Dismount

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