

RED TEAM REQUIREMENTS

To get into the RED Team you must be able to....

Vault	Bars	Beam	Floor
Run with High Knees	Jump to front support with straight arms	Walk across beam without falling (arms at side)	Forward Roll on cheese mat
Run with Bottom Kickers	Fall forward from front support (must show control)	Backwards Walk without falling	Backbend without assistance
Punch Springboard with two feet	Hang over the bar, lift chest up to front support	Show passe hold on both legs for 5 seconds	Demonstrate a Lunge
Straight Jump on the floor	Hold chin above bar 5 seconds, straight legs		Demonstrate a Finish
Tuck Jump on the floor	10 second hanging tuck hold		Walk up wall with feet to handstand
Straddle Jump on the floor			Beginner cartwheel over block

