

# K2 COMPETITION CADETS

EARN YOUR STARS & STRIPES!



Want to be recognized for your skills and ability? Our K2 Competition Cadets is the choice for you!

## ★ General Information & Benefits

We are proud to introduce a new era in recreational gymnastics. In many other sports the athlete practices during the week and have the opportunity to show friends and family their accomplishments during a game on the weekend. We feel it is important for our gymnasts to have that same sense of accomplishment. At competitions each gymnast will perform a short routine of three skills on each of the four Olympic events. They will be judged on their individual performances; participants will receive a ribbon for each event based on their ability to complete each skill, as well as an all-around medal. Athletes will not be placed against each other.

## ★ Who Can Be A K2 Cadet?

All boys and girls ages 3-13 enrolled in our gymnastics programs.

## ★ Requirements and Time Commitment

Skills needed for the skills meets will be taught in class. There are no additional classes needed. Meets are held at K2 Academy as well as other facilities in the greater Houston area. We will be holding Cadet Camps\* on Fridays before meets. These are always optional, but we highly encourage each participant to attend.

## ★ How to earn your Stars & Stripes

Gymnasts have the opportunity to advance through the K2 Cadets program by receiving all blue or purple ribbons at a competition. This will not effect their class placement at K2 Academy, only their level at their next K2 Cadets competition. Gymnasts will earn a star for each level they pass.



## MEET FEE'S

\$45.00 each meet

Includes: Entry Fee & Cadet Camp

3 day notice is required to receive a refund. You will be responsible for payment for a NO SHOW.

## MEET DATES

Location	Date	Register By
Texas Star	11.12.16	11.04.16
Powersports	12.10.16	12.02.16
K2 Academy	01.21.17	01.13.17
Texas Star	02.25.17	02.17.17
K2 Academy	03.25.17	03.17.17
Maximum	04.08.17	04.01.17
K2 Academy	04.29.17	04.09.17

## CADET CAMP

We will be holding Cadet Camps (extra practices) on Fridays before meets. These are included in your meet fee and always optional, but we highly encourage each participant to attend. We will focus these practices on skills meet routines, meet etiquette – such as marching in, saluting the judges and how the event will run in general. This will help to make your child more comfortable and confident at the actual meet.



## MEET ATTIRE

(NOT REQUIRED)

Girls : K2 Cadets leotard  
\$40.00+tax

Boys: K2 Tough Shirt/  
Shorts \$40.00+tax

These may be purchased from SIDELINE BLING (located in the K2 lobby) prior to the gymnasts first competition.

Rising/Shining Stars:  
Team Leotard \$75.00+tax



★ ★ ★ REGISTER ONLINE ★ ★ ★  
[www.k2academy.com](http://www.k2academy.com)

GYM GEMS: AGE 3-5	BRONZE LEVEL		SILVER LEVEL	
<p><b>VAULT</b></p> <ol style="list-style-type: none"> <li>1 bounce</li> <li>Straight jump onto 8" mat</li> <li>Squat on to knees to trapezoid</li> <li>Jump off block</li> </ol> <p><b>BARS</b></p> <ol style="list-style-type: none"> <li>Hang, touch toes to bar in straddle</li> <li>Jump to Front Support</li> <li>3 Baby Casts</li> </ol> <p><b>BEAM</b></p> <ol style="list-style-type: none"> <li>Forward walks (4)</li> <li>Sideward walk (4)</li> <li>Kick steps (4)</li> </ol> <p><b>FLOOR</b></p> <ol style="list-style-type: none"> <li>Forward Roll</li> <li>Lever</li> <li>Table Hold Or Bridge</li> </ol>	<p><b>GIRLS VAULT</b></p> <p>5' Run Into</p> <ol style="list-style-type: none"> <li>Straight Jump</li> <li>Tuck Jump</li> <li>Fwd Roll Jump-Stick</li> </ol> <p><b>BARS</b></p> <ol style="list-style-type: none"> <li>Tuck Chin-up Hold 3sec.</li> <li>Partial Pull-Over</li> <li>Jump front support and 3 casts</li> </ol> <p><b>BEAM</b></p> <ol style="list-style-type: none"> <li>Front support mount to tuck</li> <li>Step Kicks (2) &amp; Passe Hold</li> <li>Straddle jump dismount</li> </ol> <p><b>FLOOR</b></p> <ol style="list-style-type: none"> <li>Cartwheel</li> <li>Handstand</li> <li>Candlestick</li> </ol>	<p><b>BOYS FLOOR</b></p> <ol style="list-style-type: none"> <li>Forward roll</li> <li>Backward Roll</li> <li>Handstand</li> </ol> <p><b>RINGS</b></p> <ol style="list-style-type: none"> <li>Tuck Hold 3 sec</li> <li>3 tap swings</li> <li>Drop to stick</li> </ol> <p><b>HIGH BAR</b></p> <ol style="list-style-type: none"> <li>Jump to support</li> <li>3 casts</li> <li>Push away dismount</li> </ol> <p><b>STRENGTH</b></p> <ol style="list-style-type: none"> <li>5' Rope Climb</li> </ol>	<p><b>GIRLS VAULT</b></p> <ol style="list-style-type: none"> <li>20' Run</li> <li>Straddle Onto 24"</li> <li>Handstand Flat Back</li> </ol> <p><b>BARS</b></p> <ol style="list-style-type: none"> <li>Pull Over</li> <li>1-3 casts back hip circle</li> <li>Cast away dismount</li> </ol> <p><b>BEAM</b></p> <ol style="list-style-type: none"> <li>Tuck sit, v-sit, stand</li> <li>T-Lever-Lunge</li> <li>Straight jump</li> <li>Round Off Dismount off end</li> </ol> <p><b>FLOOR</b></p> <ol style="list-style-type: none"> <li>Round off Rebound</li> <li>3 sec Handstand</li> <li>Bridge Kick Over Down Wedge</li> </ol>	<p><b>BOYS FLOOR</b></p> <ol style="list-style-type: none"> <li>Side Cartwheel</li> <li>Backward roll to straddle stand</li> <li>Handstand Forward Roll, straight jump</li> </ol> <p><b>RINGS</b></p> <ol style="list-style-type: none"> <li>L hang</li> <li>3 swings</li> <li>Flip a Doodle Dismount</li> </ol> <p><b>HIGH BAR</b></p> <ol style="list-style-type: none"> <li>Tuck Hang</li> <li>3 swings</li> <li>Release on back dismount</li> </ol> <p><b>STRENGTH</b></p> <ol style="list-style-type: none"> <li>10' Rope climb</li> </ol>
GOLD LEVEL		PLATINUM LEVEL		
<p><b>GIRLS VAULT</b></p> <ol style="list-style-type: none"> <li>Handstand Flatback on minimum 16" (2x)</li> </ol> <p><b>BARS</b></p> <ol style="list-style-type: none"> <li>Chin up Pull Over</li> <li>Leg Cut Forward, Hold 1 sec</li> <li>Leg Cut Back</li> <li>Sole Circle or Underswing Dismount</li> </ol> <p><b>BEAM</b></p> <ol style="list-style-type: none"> <li>Lunge-Level-Lunge</li> <li>Step Lock Pivot, Step Lock Pivot</li> <li>Side handstand dismount</li> </ol> <p><b>FLOOR</b></p> <ol style="list-style-type: none"> <li>Handstand, Bridge Kickover</li> <li>Backward Roll to Pike Stand</li> <li>2- 1/4 Snap turns in Passe'</li> </ol>	<p><b>BOYS FLOOR</b></p> <ol style="list-style-type: none"> <li>Handstand Forward Roll</li> <li>Cartwheel 1/4 turn</li> <li>Roundoff</li> </ol> <p><b>RINGS</b></p> <ol style="list-style-type: none"> <li>"L" Hang Hold 3 sec.</li> <li>3 Swings to inverted hang</li> <li>Flip a Doodle, drop and stick</li> </ol> <p><b>PARALLEL BARS</b></p> <ol style="list-style-type: none"> <li>3 swings, Tuck Hold</li> <li>3 swings</li> <li>Back Drop Dismount</li> </ol> <p><b>HIGH BAR</b></p> <ol style="list-style-type: none"> <li>Pull Over</li> <li>3 Cast Back Hip Circle</li> <li>3 casts sole circle dismount</li> </ol>	<p><b>GIRLS VAULT</b></p> <ol style="list-style-type: none"> <li>20' Run</li> <li>Handstand flatback</li> </ol> <p><b>BARS</b></p> <ol style="list-style-type: none"> <li>Glide Swing, Chin Up Pullover</li> <li>Shoot Through, Front Stride Circle</li> <li>Back Hip, Under swing dismount</li> </ol> <p><b>BEAM</b></p> <ol style="list-style-type: none"> <li>Handstand Hold 1 sec.</li> <li>2 Straight Jumps</li> <li>Heel Snap turn</li> <li>Side Handstand 1/4 Turn Dismount</li> </ol> <p><b>FLOOR</b></p> <ol style="list-style-type: none"> <li>Split Jump / Straight Jump</li> <li>Handstand Fwd Roll, Step Out</li> <li>Backward Roll to push up</li> <li>Round-off Backhandspring</li> </ol>	<p><b>BOYS FLOOR</b></p> <ol style="list-style-type: none"> <li>Handstand Forward Roll</li> <li>Cartwheel, Cartwheel 1/4 turn</li> <li>Backward Roll</li> <li>Run Round Off</li> </ol> <p><b>RINGS</b></p> <ol style="list-style-type: none"> <li>Chin up then Tuck hang hold 3sec</li> <li>3 Swings to inverted hang in pike</li> <li>Basket, Flip a Doodle, Drop Dismount, Stick</li> </ol> <p><b>PBARS</b></p> <ol style="list-style-type: none"> <li>Jump to support</li> <li>3 Swings to Straddle sit</li> <li>3 Swings, flank dismount</li> </ol> <p><b>HIGH BAR</b></p> <ol style="list-style-type: none"> <li>1/2 Turn</li> <li>Pull Over, Cast undershoot</li> <li>6 swings, release in back dismount</li> </ol>	