



## **Junior Gold 1 & 2**

### **Junior Gold 1**

*All actions should be completed with proper body shapes and movement patterns*

- 1) Be able to demonstrate proper 102c and 202c on the ground without assistance .
- 2) Be able to demonstrate proper 302c and 402c on the ground with assistance.
- 3) Be able to demonstrate front line up and back line up on 5m platform with proper body shape and movement patterns.
- 4) Be able to demonstrate full hurdle and back press with a jump, 101c, 201c, 301c and 401c on 1m and 3m
- 6) Introduce 101b and 401b on 1m with standing, bouncing and normal take off
- 7) Be able to demonstrate proper 102c, 202c, 302c and 402c on 1m Springboard.
- 8) Be able to demonstrate a high proficiency of flexibility in all areas.
- 9) Be able to demonstrate all modeling sequences to a high level of proficiency and consistency on the ground.
- 10) Be able to demonstrate a high level of control over core movements into and out of positions and a command over independent movements of limbs and core.
- 12) Be able to hold a handstand for extended periods of time (30 seconds +).



## **Junior Gold 1 & 2**

### **Junior Gold 2**

*All actions should be completed with proper body shapes and movement patterns.*

- 1) Be able to demonstrate 103b, 203b, 303b and 403b on 3m Springboard.
- 2) Be able to demonstrate 5122 and 5221 on 1m Springboard.
- 3) Be able to demonstrate 303c on 3m or 5m platform and 403c on 3m and 5m platform.
- 4) Be able to demonstrate 202a, 5221, 102a and 5122 on 3m platform .
- 5) Be able to demonstrate 101b, 201b, 301b and 401b on 5m and 7m platform.
- 6) Be able to demonstrate a front line up on 10m platform.