

Name of Shadow: _____

Name of Lead Coach: _____

TG2 Terminology List

Shadow must be able to identify or verbally explain each of these skills. Please put a check mark next to the skills discussed. Please feel free to add to the list if you feel it would be beneficial. This list must be completed by the end of shadowing. Keep this sheet with your packet so you can review it every week.

Events:

Vault

Bars

Beam

Floor

Dance:

Passe

Arabesque/ Scale

Splits

Pivot Turn

Releve

Shapes:

I body

Tuck

Pike

Straddle

Table

Candlestick

Stuck Landing

Hurdle

Lever

Handstand

Lunge

Vault:

Board Drill

Lunge handstand flat back

Bars:

Pizza Hang

Koala Bear Hang

Back Hip Circle

Cast

Front Support

Glide

Pull Over

Squat on

Dismount

Mount

Beam:

Dismount

Mount

Floor:

Bridge

Backward Roll

Forward Roll

Cartwheel

Roundoff

Bear Walk