

How School-Age Students Progress Through Head Over Heels Gymnastics & Tumbling Programs

Progress Reports

Every student in our school aged program is monitored on a consistent basis by their coaches. Coaches monitor the students progress using a tablet to record their progress onto their online skill card. Parents can check on their student's progress at any time by:

- Going to www.headoverheelsgym.net
 - Click "Vestal"
 - Click the Box on the Upper Right Hand Corner that says "Click Here for Existing Customer Log-In" Your User ID is the email address that you registered with. If you have already created a password, use that one. If not, click the link to reset your password.
 - Once logged in, on your Parent Portal scroll down to the student's name and click "View [students name]"
 - On the student's dashboard click on the skills icon. Here you will find your child's skill card, which shows their progress on each event.
 - If you click on the "View skill detail" under a specific event, you will be able to see each individual skill and when it was :
 - Started – This means the skill has been introduced
 - Tested - This means they have performed it successfully one time
 - Attained - This means they have it consistently and they have performed it 3 times in one class
- Students will also get a paper copy of their progress report from their coach quarterly *(Please see gym calendar for exact dates)*

Wristband & Tip Skill Recognition Program

Every student in our school aged program will be given a wristband to wear to identify what level they are in. *(With the exception of *Girls Elite Stars, Pre-Team & Co-Ed Advanced Tumbling-See information on those classes below)*. When a student enters a class they will get a wristband that coordinates with the first Set of Skills for the class. Once a student completes the 1st Set of Skills for their class they will receive a Tip. This Tip represents that they are working on the next set of skills for that class.

For example in the Beginner/Intermediate Class:

- Students working on their Beginner skills will receive a black wristband.
- Students who have completed their Beginner skill set (1st Set of Skills) will receive a white tip around their wristband. This represents that they are now working on their Intermediate skills.
- Students will work on learning and mastering their 2nd Set of Skills. Once a student completes their 2nd set of Skills they will continue to perfect their skills in their current class and will be invited to the next Moving Up Ceremony.

When progress reports are handed out, any student who has completed both the 1st & 2nd Set of Skills for their class will be invited to our Moving Up Ceremony and are ready to move up to the next level class.

Moving Up Ceremony

When a student has completed their 2nd Set of Skills they will receive an invitation to our Moving Up ceremony along with their next progress report. Moving Up Ceremonies are held quarterly. *(Please see the gym calendar for exact dates)*. This is a FREE event for students to attend with their friends and families to celebrate their accomplishments. Once the Moving Up Ceremony has passed, students can transfer to the next level class for the following month. *(Students who do not attend the Moving Up Ceremony are still eligible to transfer to the next level class)*.

***Girls Premier Gymnastics**

Girls Premier is the highest level of our School Aged Gymnastics programs. Gymnasts no longer wear wristbands in this level or attend Moving Up Ceremonies. Gymnasts in Girls Premier will have the opportunity to purchase our Premier leotard to wear during class to signify their level. Girls Premier will still have their skills monitored and will receive quarterly progress reports..They will also have the opportunity to compete in a FUN competition in the gym!

***Pre-Team**

Pre-Team is the next step after the School Aged Gymnastics program if a gymnast is interested in joining the USAIGC Competitive Team. Gymnasts no longer wear wristbands in this level. Gymnasts in Pre-Team will be required to purchase and wear a Pre-Team leotard to wear at every practice. They will also have the opportunity to compete in a FUN competition in the gym! For more information on Pre-Team, please refer to the Pre-Team Handbook on the Team Page on our website.

***Co-Ed Advanced Tumbling**

Co-Ed Advanced Tumbling is the highest level our School Aged Tumbling Programs. Students no longer wear wristbands in this level. Students will still have their skills monitored and will receive quarterly progress reports. They will also have the opportunity to compete in a FUN competition in the gym!