

# ATHLETE GOAL SHEET



ATHLETE: \_\_\_\_\_  
COACH: \_\_\_\_\_  
DATE: \_\_\_\_\_

## PROGRESS REPORT

WEEK-1 \_\_\_\_\_  
WEEK-2 \_\_\_\_\_  
WEEK-3 \_\_\_\_\_  
WEEK-4 \_\_\_\_\_

IAT3C  
TALENT TUMBLING & TRAINING CENTER



| ATHLETE GOALS | COACHES GOALS | DATE | NOTES |
|---------------|---------------|------|-------|
|               |               |      |       |
|               |               |      |       |
|               |               |      |       |
|               |               |      |       |
|               |               |      |       |

Additional

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## LIST OF GOALS TO CONSIDER

| Handstand                | Bridge            | Backbend                  |
|--------------------------|-------------------|---------------------------|
| Backbend Kickover        | Back Walkover     | Back Handspring           |
| Handstand Fall to Bridge | Front Walkover    | Front Handspring          |
| Back Tuck                | Back Layout       | Back Full Twisting Layout |
| Front Tuck               | Cartwheel         | Roundoff                  |
| Ariel                    | Positive Attitude | Speed/Agility             |
| Rebound                  | Core Strength     | Confidence                |
| Receptiveness            | Flexibility       | Strength                  |