

## Sapphire Skills Set

### Beam

- Swing leg mount
- Step ½ turn
- Cartwheel
- Jumps medium to superior level
- Side handstand dismount

### Floor

- Jumps (pike, straddle, tuck, wolf)
- Round off back handspring
- Front or back walk over

### Bars

- Pullover
- Glide
- Front or back hip circle
- Cast to stand or crawl to jump to high bar
- 

### Vault

- Proper use of springboard
- Handstand flat back
- Handspring over vault with little or no spot