

Rec Xmas Runs

Rec Level 1		
Run 1	Run 2	Run 3
Fwd Roll	Stretch Jump	Star Jump
1/2 Turn	Cartwheel	

Rec Level 2		
Run 1	Run 2	Run 3
Stretch Jump	Stretch Jump	1/2 Turn
Fwd Roll	Cartwheel	
Tuck Jump	Chasse	
Fwd Roll	Cartwheel	
1/2 Turn		

Rec Level 3		
Run 1	Run 2	Run 3
Fwd Roll	Stretch Jump	Round Off
Stretch Jump	Cartwheel	Stretch Jump
Fwd Roll	Chasse	
Tuck Jump	One Handed Cartwheel	
Fwd Roll		
1/2 Turn		

Rec Level 4		
Run 1	Run 2	Run 3
Fwd Roll	Stretch Jump	Bwd Walkover
Stretch Jump	Cartwheel	Piked Bwd Roll
Cartwheel to Dish	Chasse	
Bwd Roll	Round Off	
	1/2 Turn	

Rec Level 5		
Run 1	Run 2	Run 3
Stretch Jump	Round Off	Round Off
Round Off	1/2 Turn	Flic
Flic	Round Off	Flic
1/2 Turn	Stretch Jump	Stretch Jump

Squad Xmas Runs

Squad Level 2		
Run 1	Run 2	Run 3
Stretch Jump	Stretch Jump	Stretch Jump
Cartwheel	Cartwheel	Round Off
Chasse	Chasse	Jump to Dish (hold for 3 seconds)
Cartwheel	Round Off	
Chasse	Stretch Jump	
Cartwheel	Bwd Roll	

Squad Level 3		
Run 1	Run 2	Run 3
Stretch Jump	Stretch Jump	Stretch Jump
Cartwheel	Round Off	Round Off
Chasse	1/2 Turn	Flic
Round Off	Round Off	Jump to Dish (hold for 3 seconds)
1/2 Turn	Stretch Jump	

Squad Level 4		
Run 1	Run 2	Run 3
Round Off	Handspring	Stretch Jump
Flic	Stretch Jump	Round Off
1/2 Turn	Round Off	Flic
	Stretch Jump	Flic
		Jump to Dish (hold for 3 seconds)

Squad Level 5		
Run 1	Run 2	Run 3
Round Off	Round Off	Round Off
Flic	Flic	Flic
1/2 Turn	Flic	Tuck Back
Round Off	Flic	
Flic	Flic	
Stretch Jump	Stretch Jump	

FIG Development		
Run 1	Run 2	Run 3
Optional 6 skill tumble (must end with somersault)	Optional 6 skill tumble (must end with somersault)	Optional 3 skill tumble (must end with somersault)