

	Meno: Dominik	Dátum narodenia: 2007		Klub:				
	Priezvisko: Vojtko	Vek. kategória: Juniari 2008-2006						
	Skills			Strength and conditioning				
A) Landings	D	Q	Sc	A) Power	Result	L	P	Sc
1. roll forward		4	1	1. sddzm meter	2,53			2
2. running precision		4	1	2. vertical jump				
3. hop precision		3	1	3. sprint 30 m rovina	2,93			1
4. running p to a bar				4. clnkovy beh lepiaca paska	17,1			1
5. hang p + a.j. 180° + pre		4		5. 80 % drep oska a kotuce				
6. flip + precision				6. zhyb hrazda	8			0
B) Vault Techniques				7. 70% bench/ kluk resp bench oska				
1. step on +speed +lazy		3	1	8. hod medikom medball				
2. dive cat pass + dive step on +reverse		4	1	9. Sprint				
3. cat pass + precision		4	1	10. 1 pistol squat		20	20	2
4. double cat pass				11. kluky do zlyhania	30			2
5. cat pass + precision +frontflip		3	1	12. Splh na lane				
6. secret move				13. Beep test pásma	5.6			0
C) Wall elements				B) Flexibility				
1. tic tac precision		4	1	1. mostík - arch				
2. wallspin		4	1	2. Roznožka -	36			1
3. 360 wallrun + arm jump 180° +precision		1	0	3. Hamstrings- prednoženie		70	70	1
4. wallflip				4. Predklon - lavička	2+			1
5. palmflip		0		5. Flexory bedra				
6. inward dismount								
D) Swings and bar elements (gymnastics)								
1. Pull over		4	1					
2. Back & forward hipcircle		2	0					
3. From Hang Initiate a Swing		4	1					
4. Swing 1/2 turn on Front of Swing		3	0					
5. stand								
6. Kip								
7. Baby giant								
8. Flyaway from the bar backward or frontward								
E) Swings								
1. si + swings								
2. si + swing + lache precision		2	0					
3. +lache precision								
4. si + swing + stride (low obstacle) + precision jump								
5. bar+underswing pre								
6. si + cast + swing + 1/2 turn+la								
F) ACROBATIC ELEMENTS BACKWARD & SIDEWAYS								
1. Flic Flac								
2. Back Flip								
3. Arabian Flip								
4. Side Flip								
5. Frontflip								
6. Round Off to Back Flip								
Final			11	Final				11

Meno: Krist		Dátum narodenia: 2007			Klub:				
Priezvisko: Grarendeel		Vek. kategória: Juniori 2008-2006							
Skills				Strength and conditioning					
A) Landings	D	Q	Sc	A) Power	Result	L	P	Sc	
1. roll forward		3	1	1. sddzm meter	2,66			2	
2. running precision		3	1	2. vertical jump					
3. hop precision		4	1	3. sprint 30 m rovina	2,74			2	
4. running p to a bar				4. clnkovy beh lepiaca paska	17,25			1	
5. hang p + a.j. 180° + pre				5. 80 % drep oska a kotuce					
6. flip + precision				6. zhyb hrazda	7			0	
B) Vault Techniques				7. 70% bench/ kluk resp bench oska					
1. step on +speed +lazy		4	1	8. hod medikom medball					
2. dive cat pass + dive step on +reverse		3	1	9. Sprint					
3. cat pass + precision		3	1	10. 1 pistol squat		10	12	2	
4. double cat pass				11. kluky do zlyhania	30			2	
5. cat pass + precision +frontflip		0	0	12. Splh na lane					
6. secret move				13. Beep test pásmo	10.3			2	
C) Wall elements				B) Flexibility					
1. tic tac precision		1	0	1. mostík - arch					
2. wallspin		3	1	2. Roznožka -	26			2	
3. 360 wallrun + arm jump 180° +precision		1	0	3. Hamstrings- prednoženie		90	80	2	
4. wallflip				4. Predklon - lavička	6+			2	
5. palmflip				5. Flexory bedra					
6. inward dismount									
D) Swings and bar elements (gymnastics)									
1. Pull over		4	1						
2. Back & forward hipcircle		1	0						
3. From Hang Initiate a Swing		3	0						
4. Swing 1/2 turn on Front of Swing		2	0						
5. stand									
6. Kip									
7. Baby giant									
8. Flyaway from the bar backward or frontward									
E) Swings									
1. si + swings									
2. si + swing + lache precision		1	0						
3. +lache precision									
4. si + swing + stride (low obstacle) + precision jump									
5. bar+underswing pre									
6. si + cast + swing + 1/2 turn+la									
F) ACROBATIC ELEMENTS BACKWARD & SIDEWAYS									
1. Flic Flac									
2. Back Flip									
3. Arabian Flip									
4. Side Flip									
5. Frontflip									
6. Round Off to Back Flip									
Final			8	Final				17	

Meno: Matej		Dátum narodenia: 2007				Klub:			
Priezvisko: Baláž		Vek. kategória: Juniori 2008-2006							
Skills					Strength and conditioning				
A) Landings		D	Q	Sc	A) Power	Result	L	P	Sc
1. roll forward			4	1	1. sddzm meter	2,31			2
2. running precision			3	1	2. vertical jump				
3. hop precision			4	1	3. sprint 30 m rovina	2,72			2
4. running p to a bar			3		4. clnkovy beh lepiaca paska	18,48			0
5. hang p + a.j. 180° + pre			3		5. 80 % drep oska a kotuce				
6. flip + precision					6. zhyb hrazda	5			0
B) Vault Techniques					7. 70% bench/ kluk resp bench oska				
1. step on +speed +lazy			4	1	8. hod medikom medball				
2. dive cat pass + dive step on +reverse			3	1	9. Sprint				
3. cat pass + precision			1	0	10. 1 pistol squat		16	10	2
4. double cat pass					11. kluky do zlyhania	30			2
5. cat pass + precision +frontflip			4	1	12. Splh na lane				
6. secret move					13. Beep test pásmo	5.7			0
C) Wall elements					B) Flexibility				
1. tic tac precision			3	1	1. mostík - arch				
2. wallspin			3	1	2. Roznožka -	52			0
3. 360 wallrun + arm jump 180° +precision			2	0	3. Hamstrings- prednoženie		80	70	1
4. wallflip					4. Predklon - lavička	1-			0
5. palmflip					5. Flexory bedra				
6. inward dismount									
D) Swings and bar elements (gymnastics)									
1. Pull over			3	1					
2. Back & forward hipcircle			1	0					
3. From Hang Initiate a Swing			4	1					
4. Swing 1/2 turn on Front of Swing			3	1					
5. stand									
6. Kip									
7. Baby giant									
8. Flyaway from the bar backward or frontward									
E) Swings									
1. si + swings									
2. si + swing + lache precision			1	0					
3. +lache precision									
4. si + swing + stride (low obstacle) + precision jump									
5. bar+underswing pre									
6. si + cast + swing + 1/2 turn+la									
F) ACROBATIC ELEMENTS BACKWARD & SIDEWAYS									
1. Flic Flac									
2. Back Flip									
3. Arabian Flip									
4. Side Flip									
5. Frontflip									
6. Round Off to Back Flip									
Final				11	Final				9

Meno: Oliver		Dátum narodenia: 2008					Klub:				
Priezvisko: Klúčik		Vek. kategória: Juniori 2008-2006									
Skills					Strength and conditioning						
A) Landings	D	Q	Sc	A) Power	Result	L	P	Sc			
1. roll forward		4	1	1. sddzm meter	2,4			2			
2. running precision		3	1	2. vertical jump							
3. hop precision		3	1	3. sprint 30 m rovina	2,84			2			
4. running p to a bar				4. clnkovy beh lepiaca paska	17,05			1			
5. hang p + a.j. 180° + pre				5. 80 % drep oska a kotuce							
6. flip + precision				6. zhyb hrazda	11			1			
B) Vault Techniques				7. 70% bench/ kluk resp bench oska							
1. step on +speed +lazy		3	1	8. hod medikom medball							
2. dive cat pass + dive step on +reverse		2	0	9. Sprint							
3. cat pass + precision		3	0	10. 1 pistol squat		14	20	2			
4. double cat pass				11. kluky do zlyhania	30			2			
5. cat pass + precision +frontflip		3	1	12. Splh na lane							
6. secret move				13. Beep test pásмо	9.3			2			
C) Wall elements				B) Flexibility							
1. tic tac precision		4	1	1. mostík - arch							
2. wallspin		3	1	2. Roznožka -	44			0			
3. 360 wallrun + arm jump 180° +precision		1	0	3. Hamstrings- prednoženie		70	70	1			
4. wallflip				4. Predklon - lavička	11-			0			
5. palmflip				5. Flexory bedra							
6. inward dismount											
D) Swings and bar elements (gymnastics)											
1. Pull over		4	1								
2. Back & forward hipcircle		2	0								
3. From Hang Initiate a Swing		3	0								
4. Swing 1/2 turn on Front of Swing		2	0								
5. stand											
6. Kip											
7. Baby giant											
8. Flyaway from the bar backward or frontward											
E) Swings											
1. si + swings											
2. si + swing + lache precision		0	0								
3. +lache precision											
4. si + swing + stride (low obstacle) + precision jump											
5. bar+underswing pre											
6. si + cast + swing + 1/2 turn+la											
F) ACROBATIC ELEMENTS BACKWARD & SIDEWAYS											
1. Flic Flac											
2. Back Flip											
3. Arabian Flip											
4. Side Flip											
5. Frontflip											
6. Round Off to Back Flip											
Final			8	Final				13			

Meno: Peter		Dátum narodenia: 2008				Klub:				
Priezvisko: Madaj		Vek. kategória: Juniori 2008-2006								
Skills					Strength and conditioning					
A) Landings	D	Q	Sc	A) Power	Result	L	P	Sc		
1. roll forward		4	1	1. sddzm meter	2,57					2
2. running precision		3	1	2. vertical jump						
3. hop precision		3	1	3. sprint 30 m rovina	2,85					2
4. running p to a bar				4. clnkovy beh lepiaca paska	17,1					1
5. hang p + a.j. 180° + pre		3		5. 80 % drep oska a kotuce						
6. flip + precision				6. zhyb hrazda	6					0
B) Vault Techniques				7. 70% bench/ kluk resp bench oska						
1. step on +speed +lazy		4	1	8. hod medikom medball						
2. dive cat pass + dive step on +reverse		4	1	9. Sprint						
3. cat pass + precision		4	1	10. 1 pistol squat		20	20			2
4. double cat pass				11. kluky do zlyhania	30					2
5. cat pass + precision +frontflip		3	1	12. Splh na lane						
6. secret move				13. Beep test pásmo	7.0					1
C) Wall elements				B) Flexibility						
1. tic tac precision		4	1	1. mostík - arch						
2. wallspin		0	0	2. Roznožka -	48					0
3. 360 wallrun + arm jump 180° +precision		1	0	3. Hamstrings- prednoženie		70	70			1
4. wallflip				4. Predklon - lavička	2+					1
5. palmflip		3		5. Flexory bedra						
6. inward dismount										
D) Swings and bar elements (gymnastics)										
1. Pull over		0	0							
2. Back & forward hipcircle		0	0							
3. From Hang Initiate a Swing		3	1							
4. Swing 1/2 turn on Front of Swing		3	1							
5. stand										
6. Kip										
7. Baby giant										
8. Flyaway from the bar backward or frontward										
E) Swings										
1. si + swings										
2. si + swing + lache precision		0	0							
3. +lache precision										
4. si + swing + stride (low obstacle) + precision jump										
5. bar+underswing pre										
6. si + cast + swing + 1/2 turn+la										
F) ACROBATIC ELEMENTS BACKWARD & SIDEWAYS										
1. Flic Flac										
2. Back Flip										
3. Arabian Flip										
4. Side Flip										
5. Frontflip										
6. Round Off to Back Flip										
Final			10	Final						12

Meno: Alex		Dátum narodenia: 2008				Klub:				
Priezvisko: Feher		Vek. kategória: Juniori 2008-2006								
Skills					Strength and conditioning					
A) Landings	D	Q	Sc	A) Power	Result	L	P	Sc		
1. <u>roll forward</u>				1. <u>sddzm meter</u>	2,17					2
2. <u>running precision</u>				2. <u>vertical jump</u>						
3. <u>hop precision</u>				3. <u>sprint 30 m rovina</u>	2,8					2
4. <u>running p to a bar</u>				4. <u>clnkovy beh lepiaca paska</u>	17,18					1
5. <u>hang p + a.j. 180° + pre</u>				5. <u>80 % drep oska a kotuce</u>						
6. <u>flip + precision</u>				6. <u>zhyb hrazda</u>	8					0
B) Vault Techniques				7. <u>70% bench/ kluk resp bench oska</u>						
1. <u>step on +speed +lazy</u>				8. <u>hod medikom medball</u>						
2. <u>dive cat pass + dive step on +reverse</u>				9. <u>Sprint</u>						
3. <u>cat pass + precision</u>				10. <u>1 pistol squat</u>		10	20			2
4. <u>double cat pass</u>				11. <u>kluky do zlyhania</u>	30					2
5. <u>cat pass + precision +frontflip</u>				12. <u>Splh na lane</u>						
6. <u>secret move</u>				13. <u>Beep test pásmo</u>	7.5					1
C) Wall elements				B) Flexibility						
1. <u>tic tac precision</u>				1. <u>mostík - arch</u>						
2. <u>wallspin</u>				2. <u>Roznožka -</u>	36					1
3. <u>360 wallrun + arm jump 180° +precision</u>				3. <u>Hamstrings- prednoženie</u>		80	80			2
4. <u>wallflip</u>				4. <u>Predklon - lavička</u>	7+					2
5. <u>palmflip</u>				5. <u>Flexory bedra</u>						
6. <u>inward dismount</u>										
D) Swings and bar elements (gymnastics)										
1. <u>Pull over</u>										
2. <u>Back & forward hipcircle</u>										
3. <u>From Hang Initiate a Swing</u>										
4. <u>Swing 1/2 turn on Front of Swing</u>										
5. <u>stand</u>										
6. <u>Kip</u>										
7. <u>Baby giant</u>										
8. <u>Flyaway from the bar backward or frontward</u>										
E) Swings										
1. <u>si + swings</u>										
2. <u>si + swing + lache precision</u>										
3. <u>+lache precision</u>										
4. <u>si + swing + stride (low obstacle) + precision jump</u>										
5. <u>bar+underswing pre</u>										
6. <u>si + cast + swing + 1/2 turn+la</u>										
F) ACROBATIC ELEMENTS BACKWARD & SIDEWAYS										
1. <u>Flic Flac</u>										
2. <u>Back Flip</u>										
3. <u>Arabian Flip</u>										
4. <u>Side Flip</u>										
5. <u>Frontflip</u>										
6. <u>Round Off to Back Flip</u>										
Final			0	Final						15

Meno: Adela		Dátum narodenia: Reľovská 2007			Klub:				
Priezvisko: Reľovská		Vek. kategória: Juniorky 2008-2006							
Skills					Strength and conditioning				
A) Landings	D	Q	Sc	A) Power	Result	L	P	Sc	
1. roll forward		3	1	1. sddzm meter	1,95			1	
2. running precision		3	0	2. vertical jump					
3. hop precision		2	0	3. sprint 30 m rovina	3,2			1	
4. running p to a bar				4. clnkovy beh lepiaca paska	17,99			1	
5. hang p + a.j. 180° + pre				5. 80 % drep oska a kotuce					
6. flip + precision				6. zhyb hrazda	0			0	
B) Vault Techniques				7. 70% bench/ kluk resp bench oska					
1. step on +speed +lazy		1	0	8. hod medikom medball					
2. dive cat pass + dive step on +reverse		0	0	9. Sprint					
3. cat pass + precision		1	0	10. 1 pistol squat		7	17	1	
4. double cat pass				11. kluky do zlyhania	20			2	
5. cat pass + precision +frontflip	x		0	12. Splh na lane					
6. secret move				13. Beep test pásmo	3,6			0	
C) Wall elements				B) Flexibility					
1. tic tac precision		4	1	1. mostík - arch					
2. wallspin		1	0	2. Roznožka -	2			2	
3. 360 wallrun + arm jump 180° +precision		1	0	3. Hamstrings- prednoženie		90	90	2	
4. wallflip				4. Predklon - lavička	0,21+			1	
5. palmflip				5. Flexory bedra					
6. inward dismount									
D) Swings and bar elements (gymnastics)									
1. Pull over		0	0						
2. Back & forward hipcircle		1	0						
3. From Hang Initiate a Swing		1	0						
4. Swing 1/2 turn on Front of Swing		0	0						
5. stand									
6. Kip									
7. Baby giant									
8. Flyaway from the bar backward or frontward									
E) Swings									
1. si + swings									
2. si + swing + lache precision		0	0						
3. +lache precision									
4. si + swing + stride (low obstacle) + precision jump									
5. bar+underswing pre									
6. si + cast + swing + 1/2 turn+la									
F) ACROBATIC ELEMENTS BACKWARD & SIDEWAYS									
1. Flic Flac									
2. Back Flip									
3. Arabian Flip									
4. Side Flip									
5. Frontflip									
6. Round Off to Back Flip									
Final			2	Final				11	

Meno: Martin		Dátum narodenia: 2003				Klub:			
Priezvisko: Valo		Vek. kategória: Muži 2005+							
Skills					Strength and conditioning				
A) Landings		D	Q	Sc	A) Power	Result	L	P	Sc
1. roll forward			4	1	1. sddzm meter	2,56			2
2. running precision			4	1	2. vertical jump				
3. hop precision			4	1	3. sprint 30 m rovina	2,8			2
4. running p to a bar					4. clnkovy beh lepiaca paska	15,7			2
5. hang p + a.j. 180° + pre					5. 80 % drep oska a kotuce				
6. flip + precision					6. zhyb hrazda	10			0
B) Vault Techniques					7. 70% bench/ kluk resp bench oska				
1. step on +speed +lazy			4	1	8. hod medikom medball				
2. dive cat pass + dive step on +reverse			4	1	9. Sprint				
3. cat pass + precision			4	1	10. 1 pistol squat		20	20	2
4. double cat pass					11. kluky do zlyhania	30			2
5. cat pass + precision +frontflip			4	1	12. Splh na lane				
6. secret move					13. Beep test pásmo	7.2			0
C) Wall elements					B) Flexibility				
1. tic tac precision			4	1	1. mostík - arch				
2. wallspin			4	1	2. Roznožka -	50			0
3. 360 wallrun + arm jump 180° +precision			3	1	3. Hamstrings- prednoženie		100	90	2
4. wallflip			3		4. Predklon - lavička	10+			2
5. palmflip			4		5. Flexory bedra				
6. inward dismount			0						
D) Swings and bar elements (gymnastics)									
1. Pull over			4	1					
2. Back & forward hipcircle			3	1					
3. From Hang Initiate a Swing			3	1					
4. Swing 1/2 turn on Front of Swing			3	0					
5. stand									
6. Kip									
7. Baby giant									
8. Flyaway from the bar backward or frontward									
E) Swings									
1. si + swings									
2. si + swing + lache precision			2	0					
3. +lache precision									
4. si + swing + stride (low obstacle) + precision jump									
5. bar+underswing pre									
6. si + cast + swing + 1/2 turn+la									
F) ACROBATIC ELEMENTS BACKWARD & SIDEWAYS									
1. Flic Flac									
2. Back Flip									
3. Arabian Flip									
4. Side Flip									
5. Frontflip									
6. Round Off to Back Flip									
Final				13	Final				14

Meno: Noel		Dátum narodenia: 2004				Klub:			
Priezvisko: Solga		Vek. kategória: Muži 2005+							
Skills					Strength and conditioning				
A) Landings	D	Q	Sc		A) Power	Result	L	P	Sc
1. roll forward		4	1		1. sddzm meter	2,67			2
2. running precision		4	1		2. vertical jump				
3. hop precision		4	1		3. sprint 30 m rovina	2,66			2
4. running p to a bar					4. clnkovy beh lepiaca paska	17,48			0
5. hang p + a.j. 180° + pre		4			5. 80 % drep oska a kotuce				
6. flip + precision					6. zhyb hrazda	x			0
B) Vault Techniques					7. 70% bench/ kluk resp bench oska				
1. step on +speed +lazy		3	1		8. hod medikom medball				
2. dive cat pass + dive step on +reverse		4	1		9. Sprint				
3. cat pass + precision	x		0		10. 1 pistol squat		x	x	0
4. double cat pass					11. kluky do zlyhania	30			2
5. cat pass + precision +frontflip		4	1		12. Splh na lane				
6. secret move					13. Beep test pásmo	9.0			2
C) Wall elements					B) Flexibility				
1. tic tac precision		4	1		1. mostík - arch				
2. wallspin		3	1		2. Roznožka -	55			0
3. 360 wallrun + arm jump 180° +precision		3	1		3. Hamstrings- prednoženie		40	30	0
4. wallflip					4. Predklon - lavička	-27			0
5. palmflip		4			5. Flexory bedra				
6. inward dismount									
D) Swings and bar elements (gymnastics)									
1. Pull over		0	0						
2. Back & forward hipcircle		3	1						
3. From Hang Initiate a Swing		4	1						
4. Swing 1/2 turn on Front of Swing		3	0						
5. stand									
6. Kip									
7. Baby giant									
8. Flyaway from the bar backward or frontward									
E) Swings									
1. si + swings									
2. si + swing + lache precision		3	1						
3. +lache precision									
4. si + swing + stride (low obstacle) + precision jump									
5. bar+underswing pre									
6. si + cast + swing + 1/2 turn+la									
F) ACROBATIC ELEMENTS BACKWARD & SIDEWAYS									
1. Flic Flac									
2. Back Flip									
3. Arabian Flip									
4. Side Flip									
5. Frontflip									
6. Round Off to Back Flip									
Final			12		Final				8

Meno: Patrik		Dátum narodenia: 1997				Klub:				
Priezvisko: Kiss		Vek. kategória: Muži 2005+								
Skills					Strength and conditioning					
A) Landings		D	Q	Sc	A) Power	Result	L	P	Sc	
1. <u>roll forward</u>			4	1	1. <u>sddzm meter</u>	2,79			2	
2. <u>running precision</u>			4	1	2. <u>vertical jump</u>					
3. <u>hop precision</u>			4	1	3. <u>sprint 30 m rovina</u>	3,22			0	
4. <u>running p to a bar</u>					4. <u>clnkovy beh lepiaca paska</u>	18,17			0	
5. <u>hang p + a.j. 180° + pre</u>					5. <u>80 % drep oska a kotuce</u>					
6. <u>flip + precision</u>					6. <u>zhyb hrazda</u>	2			0	
B) Vault Techniques					7. <u>70% bench/ kluk resp bench osk</u>	20				
1. <u>step on +speed +lazy</u>			4	1	8. <u>hod medikom medball</u>					
2. <u>dive cat pass + dive step on +reverse</u>			4	1	9. <u>Sprint</u>					
3. <u>cat pass + precision</u>			4	1	10. <u>1 pistol squat</u>		6	6	0	
4. <u>double cat pass</u>					11. <u>kluky do zlyhania</u>	x			0	
5. <u>cat pass + precision +frontflip</u>			4	1	12. <u>Splh na lane</u>					
6. <u>secret move</u>					13. <u>Beep test pásmo</u>	4.7			0	
C) Wall elements					B) Flexibility					
1. <u>tic tac precision</u>			4	1	1. <u>mostík - arch</u>					
2. <u>wallspin</u>			3	1	2. <u>Roznožka -</u>	30			2	
3. <u>360 wallrun + arm jump 180° +precision</u>			1	0	3. <u>Hamstrings- prednoženie</u>		70	70	1	
4. <u>wallflip</u>					4. <u>Predklon - lavička</u>	5+			2	
5. <u>palmflip</u>					5. <u>Flexory bedra</u>					
6. <u>inward dismount</u>										
D) Swings and bar elements (gymnastics)										
1. <u>Pull over</u>			0	0						
2. <u>Back & forward hipcircle</u>			4	1						
3. <u>From Hang Initiate a Swing</u>			3	0						
4. <u>Swing 1/2 turn on Front of Swing</u>			2	0						
5. <u>stand</u>										
6. <u>Kip</u>										
7. <u>Baby giant</u>										
8. <u>Flyaway from the bar backward or frontward</u>										
E) Swings										
1. <u>si + swings</u>										
2. <u>si + swing + lache precision</u>			0	0						
3. <u>+lache precision</u>										
4. <u>si + swing + stride (low obstacle) + precision jump</u>										
5. <u>bar+underswing pre</u>										
6. <u>si + cast + swing + 1/2 turn+la</u>										
F) ACROBATIC ELEMENTS BACKWARD & SIDEWAYS										
1. <u>Flic Flac</u>										
2. <u>Back Flip</u>										
3. <u>Arabian Flip</u>										
4. <u>Side Flip</u>										
5. <u>Frontflip</u>										
6. <u>Round Off to Back Flip</u>										
Final				10	Final				7	

Meno: Simon		Dátum narodenia: 2011				Klub:			
Priezvisko: Maxim		Vek. kategória: Starší žiaci 2011-2009							
Skills					Strength and conditioning				
A) Landings	D	Q	Sc	A) Power	Result	L	P	Sc	
1. roll forward		3	0	1. sddzm meter	1,86			2	
2. running precision		2	0	2. vertical jump					
3. hop precision		3	1	3. sprint 30 m rovina	3,11			0	
4. running p to a bar				4. clnkovy beh lepiaca paska	20,64			0	
5. hang p + a.j. 180° + pre				5. 80 % drep oska a kotuce					
6. flip + precision				6. zhyb hrazda	2			0	
B) Vault Techniques				7. 70% bench/ kluk resp bench oska					
1. step on +speed +lazy		3	1	8. hod medikom medball					
2. dive cat pass + dive step on +reverse		2	0	9. Sprint					
3. cat pass + precision		3	0	10. 1 pistol squat		2	4	0	
4. double cat pass		3		11. kluky do zlyhania	20			2	
5. cat pass + precision +frontflip		4	1	12. Splh na lane					
6. secret move		3		13. Beep test pásmo	5.2			0	
C) Wall elements				B) Flexibility					
1. tic tac precision		4	1	1. mostík - arch					
2. wallspin		3	1	2. Roznožka -	47			0	
3. 360 wallrun + arm jump 180° +precision		0	0	3. Hamstrings- prednoženie		70	80	1	
4. wallflip		0		4. Predklon - lavička	3-			0	
5. palmflip		0		5. Flexory bedra					
6. inward dismount		0							
D) Swings and bar elements (gymnastics)									
1. Pull over		0	0						
2. Back & forward hipcircle		0	0						
3. From Hang Initiate a Swing		2	0						
4. Swing 1/2 turn on Front of Swing		1	0						
5. stand		0							
6. Kip									
7. Baby giant									
8. Flyaway from the bar backward or frontward									
E) Swings									
1. si + swings									
2. si + swing + lache precision		0	0						
3. +lache precision									
4. si + swing + stride (low obstacle) + precision jump									
5. bar+underswing pre									
6. si + cast + swing + 1/2 turn+la									
F) ACROBATIC ELEMENTS BACKWARD & SIDEWAYS									
1. Flic Flac									
2. Back Flip									
3. Arabian Flip									
4. Side Flip									
5. Frontflip									
6. Round Off to Back Flip									
Final			5	Final				5	

Meno: Damián		Dátum narodenia: 2010				Klub:				
Priezvisko: Švar		Vek. kategória: Starší žiaci 2011-2009								
Skills					Strength and conditioning					
A) Landings	D	Q	Sc	A) Power	Result	L	P	Sc		
1. <u>roll forward</u>		3	0	1. <u>sddzm meter</u>	1,97			2		
2. <u>running precision</u>		2	0	2. <u>vertical jump</u>						
3. <u>hop precision</u>		3	0	3. <u>sprint 30 m rovina</u>	3,08			1		
4. <u>running p to a bar</u>				4. <u>clnkovy beh lepiaca paska</u>	18,43			1		
5. <u>hang p + a.j. 180° + pre</u>				5. <u>80 % drep oska a kotuce</u>						
6. <u>flip + precision</u>				6. <u>zhyb hrazda</u>	7			0		
B) Vault Techniques				7. <u>70% bench/ kluk resp bench oska</u>						
1. <u>step on +speed +lazy</u>		4	1	8. <u>hod medikom medball</u>						
2. <u>dive cat pass + dive step on +reverse</u>		3	0	9. <u>Sprint</u>						
3. <u>cat pass + precision</u>		3	1	10. <u>1 pistol squat</u>		9	11	2		
4. <u>double cat pass</u>		3		11. <u>kluky do zlyhania</u>	20			2		
5. <u>cat pass + precision +frontflip</u>		4	1	12. <u>Splh na lane</u>						
6. <u>secret move</u>				13. <u>Beep test pásma</u>	6.8			1		
C) Wall elements				B) Flexibility						
1. <u>tic tac precision</u>		3	1	1. <u>mostík - arch</u>						
2. <u>wallspin</u>		3	1	2. <u>Roznožka -</u>	53			0		
3. <u>360 wallrun + arm jump 180° +precision</u>		2	0	3. <u>Hamstrings- prednoženie</u>		80	80	2		
4. <u>wallflip</u>		3		4. <u>Predklon - lavička</u>	0			1		
5. <u>palmflip</u>		0		5. <u>Flexory bedra</u>						
6. <u>inward dismount</u>		2								
D) Swings and bar elements (gymnastics)										
1. <u>Pull over</u>		2	0							
2. <u>Back & forward hipcircle</u>		0	0							
3. <u>From Hang Initiate a Swing</u>		3	1							
4. <u>Swing 1/2 turn on Front of Swing</u>		3	1							
5. <u>stand</u>		2								
6. <u>Kip</u>										
7. <u>Baby giant</u>										
8. <u>Flyaway from the bar backward or frontward</u>										
E) Swings										
1. <u>si + swings</u>										
2. <u>si + swing + lache precision</u>		0	0							
3. <u>+lache precision</u>										
4. <u>si + swing + stride (low obstacle) + precision jump</u>										
5. <u>bar+underswing pre</u>										
6. <u>si + cast + swing + 1/2 turn+la</u>										
F) ACROBATIC ELEMENTS BACKWARD & SIDEWAYS										
1. <u>Flic Flac</u>										
2. <u>Back Flip</u>										
3. <u>Arabian Flip</u>										
4. <u>Side Flip</u>										
5. <u>Frontflip</u>										
6. <u>Round Off to Back Flip</u>										
Final			7	Final				12		

Meno: Jakub		Dátum narodenia: 2011				Klub:			
Priezvisko: Csövari		Vek. kategória: Starší žiaci 2011-2009							
Skills					Strength and conditioning				
A) Landings		D	Q	Sc	A) Power	Result	L	P	Sc
1. roll forward			3	0	1. sddzm meter	2,12			2
2. running precision			3	1	2. vertical jump				
3. hop precision			4	1	3. sprint 30 m rovina	x			0
4. running p to a bar					4. clnkový beh lepiaca paska	17,98			2
5. hang p + a.j. 180° + pre					5. 80 % drep oska a kotuce				
6. flip + precision					6. zhyb hrazda	6			0
B) Vault Techniques					7. 70% bench/ kluk resp bench oska				
1. step on +speed +lazy			3	1	8. hod medikom medball				
2. dive cat pass + dive step on +reverse			3	0	9. Sprint	2,99			
3. cat pass + precision			4	1	10. 1 pistol squat		13		0
4. double cat pass			3		11. kluky do zlyhania	25			2
5. cat pass + precision +frontflip			4	1	12. Splh na lane				
6. secret move					13. Beep test pásma	6.1			1
C) Wall elements					B) Flexibility				
1. tic tac precision			4	1	1. mostík - arch				
2. wallspin			2	0	2. Roznožka -	50			0
3. 360 wallrun + arm jump 180° +precision			1	0	3. Hamstrings- prednoženie		70	70	1
4. wallflip			3		4. Predklon - lavička	3-			0
5. palmflip			1		5. Flexory bedra				
6. inward dismount			1						
D) Swings and bar elements (gymnastics)									
1. Pull over			0	0					
2. Back & forward hipcircle			1	0					
3. From Hang Initiate a Swing			4	1					
4. Swing 1/2 turn on Front of Swing			2	0					
5. stand			3						
6. Kip									
7. Baby giant									
8. Flyaway from the bar backward or frontward									
E) Swings									
1. si + swings									
2. si + swing + lache precision			1	0					
3. +lache precision									
4. si + swing + stride (low obstacle) + precision jump									
5. bar+underswing pre									
6. si + cast + swing + 1/2 turn+la									
F) ACROBATIC ELEMENTS BACKWARD & SIDEWAYS									
1. Flic Flac									
2. Back Flip									
3. Arabian Flip									
4. Side Flip									
5. Frontflip									
6. Round Off to Back Flip									
Final				7	Final				8

Meno: Marco		Dátum narodenia: 2010			Klub:				
Priezvisko: Novotný		Vek. kategória: Starší žiaci 2011-2009							
Skills				Strength and conditioning					
A) Landings		D	Q	Sc	A) Power	Result	L	P	Sc
1. <u>roll forward</u>					1. <u>sddzm meter</u>	2,23			2
2. <u>running precision</u>					2. <u>vertical jump</u>				
3. <u>hop precision</u>					3. <u>sprint 30 m rovina</u>	2,83			2
4. <u>running p to a bar</u>					4. <u>clnkovy beh lepiaca paska</u>	17,14			2
5. <u>hang p + a.j. 180° + pre</u>					5. <u>80 % drep oska a kotuce</u>				
6. <u>flip + precision</u>					6. <u>zhyb hrazda</u>	2			0
B) Vault Techniques					7. <u>70% bench/ kluk resp bench oska</u>				
1. <u>step on +speed +lazy</u>					8. <u>hod medikom medball</u>				
2. <u>dive cat pass + dive step on +reverse</u>					9. <u>Sprint</u>				
3. <u>cat pass + precision</u>					10. <u>1 pistol squat</u>		x	x	0
4. <u>double cat pass</u>					11. <u>kluky do zlyhania</u>	10			1
5. <u>cat pass + precision +frontflip</u>					12. <u>Splh na lane</u>				
6. <u>secret move</u>					13. <u>Beep test pásmo</u>	5.9			0
C) Wall elements					B) Flexibility				
1. <u>tic tac precision</u>					1. <u>mostík - arch</u>				
2. <u>wallspin</u>					2. <u>Roznožka -</u>	58			0
3. <u>360 wallrun + arm jump 180° +precision</u>					3. <u>Hamstrings- prednoženie</u>		70	80	1
4. <u>wallflip</u>					4. <u>Predklon - lavička</u>	10-			0
5. <u>palmflip</u>					5. <u>Flexory bedra</u>				
6. <u>inward dismount</u>									
D) Swings and bar elements (gymnastics)									
1. <u>Pull over</u>									
2. <u>Back & forward hipcircle</u>									
3. <u>From Hang Initiate a Swing</u>									
4. <u>Swing 1/2 turn on Front of Swing</u>									
5. <u>stand</u>									
6. <u>Kip</u>									
7. <u>Baby giant</u>									
8. <u>Flyaway from the bar backward or frontward</u>									
E) Swings									
1. <u>si + swings</u>									
2. <u>si + swing + lache precision</u>									
3. <u>+lache precision</u>									
4. <u>si + swing + stride (low obstacle) + precision jump</u>									
5. <u>bar+underswing pre</u>									
6. <u>si + cast + swing + 1/2 turn+la</u>									
F) ACROBATIC ELEMENTS BACKWARD & SIDEWAYS									
1. <u>Flic Flac</u>									
2. <u>Back Flip</u>									
3. <u>Arabian Flip</u>									
4. <u>Side Flip</u>									
5. <u>Frontflip</u>									
6. <u>Round Off to Back Flip</u>									
Final					Final				8

Meno: Matúš		Dátum narodenia: 2010			Klub:				
Priezvisko: Gajdoš		Vek. kategória: Starší žiaci 2011-2009							
Skills				Strength and conditioning					
A) Landings	D	Q	Sc	A) Power	Result	L	P	Sc	
1. <u>roll forward</u>		3	0	1. <u>sddzm meter</u>	2,11			2	
2. <u>running precision</u>		2	0	2. <u>vertical jump</u>					
3. <u>hop precision</u>		2	0	3. <u>sprint 30 m rovina</u>	2,83			2	
4. <u>running p to a bar</u>				4. <u>clnkovy beh lepiaca paska</u>	17,98			2	
5. <u>hang p + a.j. 180° + pre</u>				5. <u>80 % drep oska a kotuce</u>					
6. <u>flip + precision</u>				6. <u>zhyb hrazda</u>	6			0	
B) Vault Techniques				7. <u>70% bench/ kluk resp bench oska</u>					
1. <u>step on +speed +lazy</u>		0	0	8. <u>hod medikom medball</u>					
2. <u>dive cat pass + dive step on +reverse</u>		3	0	9. <u>Sprint</u>					
3. <u>cat pass + precision</u>		4	1	10. <u>1 pistol squat</u>		20	8	2	
4. <u>double cat pass</u>		3		11. <u>kluky do zlyhania</u>	25			2	
5. <u>cat pass + precision +frontflip</u>		4	1	12. <u>Splh na lane</u>					
6. <u>secret move</u>				13. <u>Beep test pásma</u>	6.8			1	
C) Wall elements				B) Flexibility					
1. <u>tic tac precision</u>		4	1	1. <u>mostík - arch</u>					
2. <u>wallspin</u>		4	1	2. <u>Roznožka -</u>	33			1	
3. <u>360 wallrun + arm jump 180° +precision</u>		1	0	3. <u>Hamstrings- prednoženie</u>		80	80	2	
4. <u>wallflip</u>		3		4. <u>Predklon - lavička</u>	5+			2	
5. <u>palmflip</u>		2		5. <u>Flexory bedra</u>					
6. <u>inward dismount</u>		2							
D) Swings and bar elements (gymnastics)									
1. <u>Pull over</u>		0	0						
2. <u>Back & forward hipcircle</u>		0	0						
3. <u>From Hang Initiate a Swing</u>		4	1						
4. <u>Swing 1/2 turn on Front of Swing</u>		1	0						
5. <u>stand</u>		0							
6. <u>Kip</u>									
7. <u>Baby giant</u>									
8. <u>Flyaway from the bar backward or frontward</u>									
E) Swings									
1. <u>si + swings</u>									
2. <u>si + swing + lache precision</u>		0	0						
3. <u>+lache precision</u>									
4. <u>si + swing + stride (low obstacle) + precision jump</u>									
5. <u>bar+underswing pre</u>									
6. <u>si + cast + swing + 1/2 turn+la</u>									
F) ACROBATIC ELEMENTS BACKWARD & SIDEWAYS									
1. <u>Flic Flac</u>									
2. <u>Back Flip</u>									
3. <u>Arabian Flip</u>									
4. <u>Side Flip</u>									
5. <u>Frontflip</u>									
6. <u>Round Off to Back Flip</u>									
Final			5	Final				16	

Meno: Barbora		Dátum narodenia: 2010				Klub:				
Priezvisko: Gajdošová		Vek. kategória: Staršie žiačky 2011-2009								
Skills					Strength and conditioning					
A) Landings		D	Q	Sc	A) Power		Result	L	P	Sc
1.	roll forward		4	1	1.	sddzm meter	2,26			2
2.	running precision		3	1	2.	vertical jump				
3.	hop precision		3	0	3.	sprint 30 m rovina	2,8			2
4.	running p to a bar				4.	clnkovy beh lepiaca paska	17,39			2
5.	hang p + a.j. 180° + pre				5.	80 % drep oska a kotuce				
6.	flip + precision				6.	zhyb hrazda	6			0
B) Vault Techniques					7.	70% bench/ kluk resp bench oska				
1.	step on +speed +lazy		4	1	8.	hod medikom medball				
2.	dive cat pass + dive step on +reverse		2	0	9.	Sprint				
3.	cat pass + precision		3	1	10.	1 pistol squat		20	20	2
4.	double cat pass				11.	kluky do zlyhania	30			2
5.	cat pass + precision +frontflip		4	1	12.	Splh na lane				
6.	secret move				13.	Beep test pásma	7.7			2
C) Wall elements					B) Flexibility					
1.	tic tac precision		4	1	1.	mostík - arch				
2.	wallspin		1	0	2.	Roznožka -	28			2
3.	360 wallrun + arm jump 180° +precision		0	0	3.	Hamstrings- prednoženie		100	100	2
4.	wallflip				4.	Predklon - lavička	21+			2
5.	palmflip				5.	Flexory bedra				
6.	inward dismount									
D) Swings and bar elements (gymnastics)										
1.	Pull over		3	1						
2.	Back & forward hipcircle		0	0						
3.	From Hang Initiate a Swing		2	0						
4.	Swing 1/2 turn on Front of Swing		1	0						
5.	stand									
6.	Kip									
7.	Baby giant									
8.	Flyaway from the bar backward or frontward									
E) Swings										
1.	si + swings									
2.	si + swing + lache precision		0	0						
3.	+lache precision									
4.	si + swing + stride (low obstacle) + precision jump									
5.	bar+underswing pre									
6.	si + cast + swing + 1/2 turn+la									
F) ACROBATIC ELEMENTS BACKWARD & SIDEWAYS										
1.	Flic Flac									
2.	Back Flip									
3.	Arabian Flip									
4.	Side Flip									
5.	Frontflip									
6.	Round Off to Back Flip									
Final				7	Final					18

Meno: Sandra				Dátum narodenia: 1999				Klub:				
Priezvisko: Urbanová				Vek. kategória: Ženy 2005+								
Skills				Strength and conditioning								
A) Landings				D	Q	Sc	A) Power		Result	L	P	Sc
1.	roll forward			4	1		1.	sddzm meter	2,31			2
2.	running precision			3	0		2.	vertical jump				
3.	hop precision			4	1		3.	sprint 30 m rovina	2,97			2
4.	running p to a bar						4.	clnkovy beh lepiaca paska	17,41			1
5.	hang p + a.j. 180° + pre						5.	80 % drep oska a kotuce				
6.	flip + precision						6.	zhyb hrazda	6			0
B) Vault Techniques							7.	70% bench/ kluk resp bench oska				
1.	step on +speed +lazy			4	1		8.	hod medikom medball				
2.	dive cat pass + dive step on +reverse			2	0		9.	Sprint				
3.	cat pass + precision			4	1		10.	1 pistol squat		20	20	2
4.	double cat pass						11.	kluky do zlyhania	30			2
5.	cat pass + precision +frontflip			4	1		12.	Splh na lane				
6.	secret move						13.	Beep test pásma	7.2			1
C) Wall elements							B) Flexibility					
1.	tic tac precision			4	1		1.	mostík - arch				
2.	wallspin			1	0		2.	Roznožka -	19			2
3.	360 wallrun + arm jump 180° +precision			1	0		3.	Hamstrings- prednoženie		100	100	2
4.	wallflip						4.	Predklon - lavička	16+			2
5.	palmflip						5.	Flexory bedra				
6.	inward dismount											
D) Swings and bar elements (gymnastics)												
1.	Pull over			3	1							
2.	Back & forward hipcircle			1	0							
3.	From Hang Initiate a Swing			3	1							
4.	Swing 1/2 turn on Front of Swing			1	0							
5.	stand											
6.	Kip											
7.	Baby giant											
8.	Flyaway from the bar backward or frontward											
E) Swings												
1.	si + swings											
2.	si + swing + lache precision			0	0							
3.	+lache precision											
4.	si + swing + stride (low obstacle) + precision jump											
5.	bar+underswing pre											
6.	si + cast + swing + 1/2 turn+la											
F) ACROBATIC ELEMENTS BACKWARD & SIDEWAYS												
1.	Flic Flac											
2.	Back Flip											
3.	Arabian Flip											
4.	Side Flip											
5.	Frontflip											
6.	Round Off to Back Flip											
	Final					8		Final				16