

# Fireflies

- Work pullovers and back hip-circles
- Perform handstands with the proper mechanics
- Improve running and punching onto springboard for vault
- Achieve levers on a high beam with proper mechanics
- Learn beginning handstands on high beam
- Perform backwards roll to pike stand
- Complete all cartwheel progressions
- Learn roundoff mechanics
- Begin learning how to hurdle into tumbling
- Work bridge kickover with straight legs down cheese mat