Directions:
- Please review the A205 Pre Team Handbook prior the taking the test.
- All questions refer to the A205 Pre Team Handbook Acrobatic

Questions
1. What is the suggested time frame for the training plan?
   a. 18-20 weeks
   b. 12-14 weeks
   c. 3-4 weeks

2. Is a spring regulation 40x40 required for Pre-Team training?
   a. Yes
   b. No

3. The program offers how many different levels within the Pre-Team structure?
   a. Four
   b. Five
   c. Three

4. In weeks 1-4, how much time should be set aside for balance skill practice?
   a. 10 minutes
   b. 20 minutes
   c. 25 minutes

5. In weeks 5-8, how much time should be set aside for balance and dynamic skill practice?
   a. 15 minutes
   b. 20 minutes
   c. 30 minutes

6. Is cardio warm-up, stretching - general, splits, backbends and individual skill practice included in weeks 1-12?
   a. Yes
   b. No

7. Within the Pic-To-Grams, Pairs balance, how many skill choices are offered?
   a. 6
   b. 12
   c. 9
8. Within the Pic-To-Grams, Individual Skills, how many skill choices are offered?
   a. 5
   b. 12
   c. 10

9. What is the suggested timeframe for teaching choreography?
   a. 4-5 weeks
   b. 8-9 weeks
   c. 12 weeks

10. How many Marketing Ideas are offered in the Pre-Team Handbook?
    a. 2
    b. 5
    c. 8

This course acts as elective credit for the School of Competitive: Acrobatic and School of Competitive: Group.

For additional information about USA Gymnastics University and requirements for certification please go to www.USAGymnasticsUniversity.org