

PHYSICAL PREPARATION

5 box jumps in a row - lower than / hip height or higher

Rope climb with feet / with no feet - 1m / 2m / 3m / 4 m / top

Pull ups - with no assistance - less than / 5 or more

Pike ups - less than / 10 or more

Triceps dips - with no assistance - less than / 5 or more

Hollow body hold off box - less than / 30 seconds or more

Arch body hold off box - less than / 30 seconds or more

Side body hold off box - less than / 15 seconds or more

Handstand Walking 1m / 2m / 3m / 4m / more

Push ups on feet - less than / 10 or more

COMMENTS:

COACH:

PLEASE REGISTER:

IN LEVEL: (TRA) (TUM) (DMT) NEXT SESSION.



PROGRESS REPORT

Levels 9 - 12

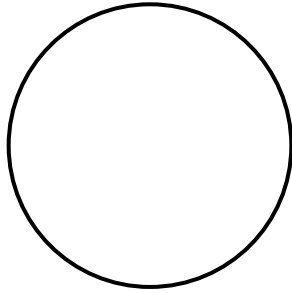
ATHLETES NAME:

SESSION DATE:

CLASS DAY & TIME:



TRAMPOLINE: Level 9

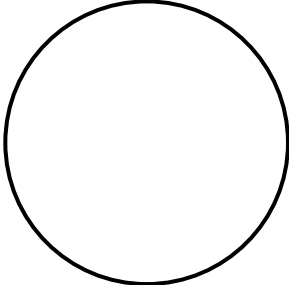


10 front drops in a row	LEARNING
	MASTERED
Back tuck, tuck barani connected	LEARNING
	MASTERED
Tuck barani, back tuck connected	LEARNING
	MASTERED
Pike barani	LEARNING
	MASTERED
Twisting sequence without feet: back drop, to front drop, cruise, to back drop, cat twist or front drop, to back drop, cradle, to front drop, ½ turn to back drop	LEARNING
	MASTERED
Back straight	LEARNING
	MASTERED
Front straight off tramp or on tramp with thrown mat	LEARNING
	MASTERED
1/2 Turn table	LEARNING
	MASTERED
Back drop, porpoise to back drop	LEARNING
	MASTERED
Optional routine with 10 skills (2 inverted)	LEARNING
	MASTERED

NOTES

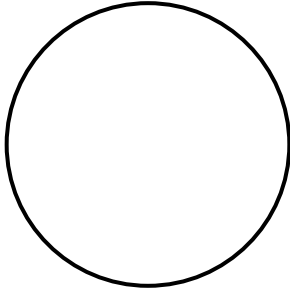
NOTES

TRAMPOLINE: Level 10



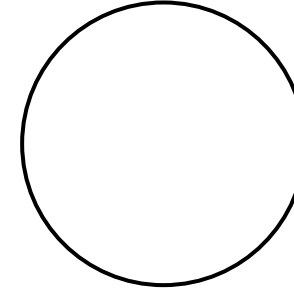
Back pike, pike barani connected	LEARNING
	MASTERED
Pike barani, back pike connected	LEARNING
	MASTERED
Front straight to flat back on height, roll 1/2 turn	LEARNING
	MASTERED
Straight barani	LEARNING
	MASTERED
Front 3/4 straight	LEARNING
	MASTERED
Front 3/4 straight, porpoise, to feet	LEARNING
	MASTERED
Back 3/4 tuck, return to feet	LEARNING
	MASTERED
Optional routine with 10 skills (must have 4 inverted skills with, 2 straight inverted skills and a twisting inverted skill)	LEARNING
	MASTERED

TRAMPOLINE: Level 11



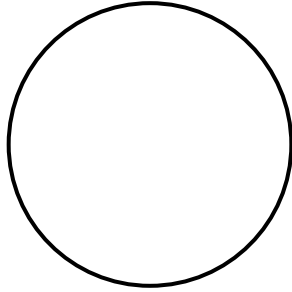
10 bounces on cross greater than 15 sec	LEARNING
	MASTERED
Back 3/4 tuck, cruise to feet	LEARNING
	MASTERED
Straight barani, back straight	LEARNING
	MASTERED
Back straight, straight barani	LEARNING
	MASTERED
Back drop 1/1 twist to front drop	LEARNING
	MASTERED
Front 3/4 tuck or pike to flat back with thrown mat	LEARNING
	MASTERED
Back straight 1/2 twist off tramp or with thrown mat	LEARNING
	MASTERED
Back straight 1/1 twist off tramp, or with thrown mat on tramp	LEARNING
	MASTERED
Tuck, pike, or straight barani, back tuck, pike, or straight repeated 2-3 times in a row	LEARNING
	MASTERED

DOUBLE MINI: Level 12



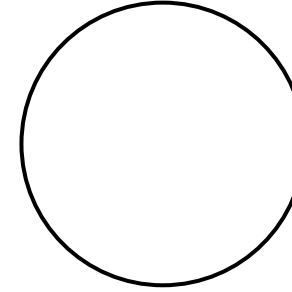
Straight jump, straight jump, front straight 1/1 twist to flat back on porta pit	LEARNING
	MASTERED
Bouncing back straight 1/1 twist off DMT, controlled safety landing	LEARNING
	MASTERED
Straight jump, straight jump, front 1/1 twist, controlled safety landing	LEARNING
	MASTERED
Barani mounter, back straight 1/1 twist, controlled safety landing	LEARNING
	MASTERED
Straight jump, spotter back tuck, front 1/1 twist, controlled safety landing	LEARNING
	MASTERED
Straight jump, spotter back straight, front straight 1/1 twist, controlled safety landing	LEARNING
	MASTERED

DOUBLE MINI: Level 11



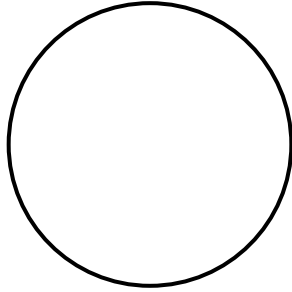
Straight or pike barani mounter, controlled safety landing	LEARNING
	MASTERED
Straight or pike barani mounter, straight jump, back tuck, controlled safety landing	LEARNING
	MASTERED
Barani mounter, back straight, controlled safety landing	LEARNING
	MASTERED
Straight jump, spotter back tuck, straight barani, controlled safety landing	LEARNING
	MASTERED
Straight jump, spotter back straight with assistance or throw mat, controlled safety landing	LEARNING
	MASTERED
Straight jump, spotter back straight, shape jump, controlled safety landing	LEARNING
	MASTERED
Straight jump, spotter back straight, barani (any), controlled safety landing	LEARNING
	MASTERED

TRAMPOLINE: Level 12



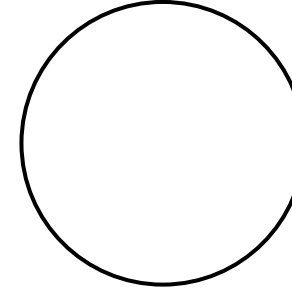
Corkscrew	LEARNING
	MASTERED
Back 3/4 pike/straight	LEARNING
	MASTERED
Back 3/4 (any) to back drop to pullover	LEARNING
	MASTERED
Back straight 1/1 twist	LEARNING
	MASTERED
Back tuck, tuck barani, back straight 1/1 twist connected	LEARNING
	MASTERED
Front straight 1/1 twist off tramp or with thrown mat	LEARNING
	MASTERED
Optional routine with 10 skills (must include front 3/4 (any) or back 3/4 (any) and min 5 other inverted skills)	LEARNING
	MASTERED
Tuck, pike, or straight barani, back tuck, pike, or straight repeated 4-5 times	LEARNING
	MASTERED

TUMBLING: Level 9



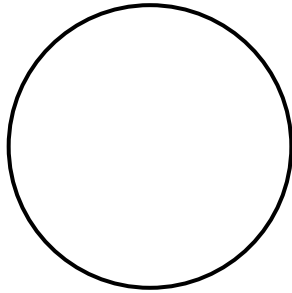
Round off back handspring on floor	LEARNING
	MASTERED
Front handspring from block rebound to front tuck on floor with assistance	LEARNING
	MASTERED
Barani on floor (any position)	LEARNING
	MASTERED
Roundoff 2 back handspring on floor	LEARNING
	MASTERED
Standing 3 back handsprings (assisted or equipment)	LEARNING
	MASTERED
Standing back tuck off height with assistance	LEARNING
	MASTERED
Roundoff back handspring straight jump to set	LEARNING
	MASTERED

DOUBLE MINI: Level 10



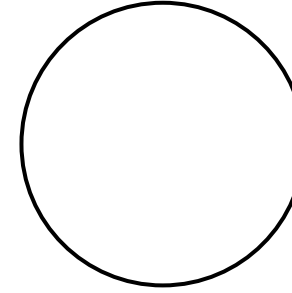
Barani mounter, back tuck with assistance, controlled safety landing	LEARNING
	MASTERED
Barani mounter, back tuck, controlled safety landing	LEARNING
	MASTERED
Bouncing spotter back pike with assistance or thrown mat, controlled safety landing	LEARNING
	MASTERED
Straight jump, spotter back pike, straight jump, controlled safety landing	LEARNING
	MASTERED
Bouncing back straight off DMT, controlled safety landing	LEARNING
	MASTERED
Straight jump, spotter back pike, front tuck or tuck barani, controlled safety landing	LEARNING
	MASTERED
Straight jump, jump 1/2 turn, back straight, controlled safety landing	LEARNING
	MASTERED

DOUBLE MINI: Level 9



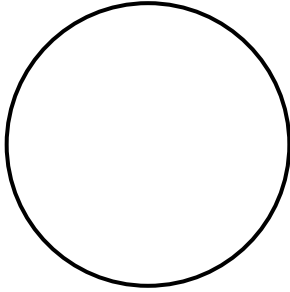
Front tuck mounter onto safety mat, controlled safety landing	LEARNING
	MASTERED
Front tuck mounter to flat back on hip to chest height mats, roll 1/2 turn to front	LEARNING
	MASTERED
Tuck barani mounter onto safety mat	LEARNING
	MASTERED
Tuck barani mounter, straight jump, back tuck, controlled safety landing	LEARNING
	MASTERED
Tuck barani mounter, straight jump, controlled safety landing (Mounter Routine)	LEARNING
	MASTERED
Bouncing back tuck off DMT, controlled safety landing	LEARNING
	MASTERED
3 routines with shape jumps as mounter skills and tuck, pike or straight barani dismount, controlled safety landing	LEARNING
	MASTERED

TUMBLING: Level 10



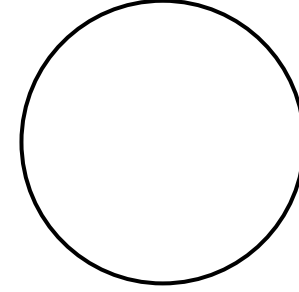
Front handspring on floor rebound to front tuck with assistance	LEARNING
	MASTERED
Roundoff 3 back handspring on floor	LEARNING
	MASTERED
Front tuck stepout to roundoff back handspring	LEARNING
	MASTERED
Roundoff whip assisted or with mat	LEARNING
	MASTERED
Standing back tuck off height	LEARNING
	MASTERED
Roundoff back handspring back tuck with assistance	LEARNING
	MASTERED

TUMBLING: Level 11



Round off whip back handspring on floor with assistance	LEARNING
	MASTERED
Roundoff 4 back handspring on floor	LEARNING
	MASTERED
Roundoff back handspring back tuck on floor	LEARNING
	MASTERED
Roundoff whip, back handspring on floor	LEARNING
	MASTERED
Standing back tuck on floor	LEARNING
	MASTERED
Round off back handspring back straight on floor with assistance	LEARNING
	MASTERED

TUMBLING: Level 12



Roundoff back handspring back straight on floor	LEARNING
	MASTERED
Roundoff whip, back handspring back straight	LEARNING
	MASTERED
Roundoff 3 back handspring back tuck on floor	LEARNING
	MASTERED
Roundoff 2 whips on floor (bounding whip)	LEARNING
	MASTERED
4 skill routine with 1 whip connected to back handspring	LEARNING
	MASTERED
Routine with 6 skills, minimum 2 saltos, must finish in a salto (e.g. roundoff, 2 whips, 2 back handsprings, back straight)	LEARNING
	MASTERED