TRAMPOLINE - LEVEL 1

NAME:

ROUTINE	EVALUATION	
5 Pre-bounces 1 Tuck jump 2 Seat drop 3 To feet 4 Pike jump 5 1/2 twist 6 Pike straddle jump	Complete: YES or NO (explain) Focus 1: Shapes (circle) Image: Shapes (circle) Image: Shapes (circle) Image: Shapes (circle) Imag	
SKILL 1	Focus 3: Landing Stuck 1 2 3 EVALUATION	
5 Pre-bounces	Complete: YES or NO (explain)	
 Front drop To feet 	Focus 1: Stretch 1 2 3	
	Focus 2: Line	
	Focus 3: Landing Stuck 1 2 3	
SKILL 2	EVALUATION	
5 Pre-bounces 1 Back drop	Complete: YES or NO (explain)	
2 To feet	Focus 1: Stretch 1 2 3	
	Focus 2: Line	
	Focus 3: Landing Stuck 1 2 3	
SKILL 3	EVALUATION	
5 Pre-bounces	Complete: YES or NO (explain)	
1 Seat drop		
2 Swivel hip	Focus 1: Stretch 1 2 3	
3 To feet	Focus 2: Line	
	Focus 3: Landing Stuck 1 2 3	

TRAMPOLINE - LEVEL 2

NAME:

	ION
5 Pre-bounces Complete: YES or NO (explain)	
1 Back drop	
2 To feet Focus 1: Shapes (circle)	
3 Tuck jump	
4 Seat drop	
5 Swivel hip	
6 To feet 7 Pike straddle jump Focus 2: Rhythm/Maintenance of Height	
7 Pike straddle jump Focus 2: Rhythm/Maintenance of Height 8 Full twist	
Focus 3: Landing Stuck 1 2 3	
SKILL 1 EVALUAT	ION
5 Pre-bounces Complete: YES or NO (explain)	
1 Back drop	
2 To front drop Focus 1: Stretch 1 2 3 3 To feet	
3 To feet Focus 2: Line	
Focus 3: Landing Stuck 1 2 3	
SKILL 2 EVALUAT	ION
5 Pre-bounces Complete: YES or NO (explain)	
1 Front drop	
2 To feet Focus 1: Stretch 1 2 3	
3Back drop4To feetFocus 2:Line	
Focus 3: Landing Stuck 1 2 3	
SKILL 3 EVALUAT	ION
5 Pre-bounces Complete: YES or NO (explain)	
1 1/2 Twist	
2 To front drop Focus 1: Stretch 1 2 3	
3 To feet	
(Airplane) Focus 2: Line	
Focus 3: Landing Stuck 1 2 3	

TRAMPOLINE - LEVEL 3

NAME:

	ROUTINE	EVALUATION
	5 Pre-bounces	Complete: YES or NO (explain)
1	Pike jump	
2	Seat drop	Focus 1: Shapes (circle)
3	1/2 twist to seat	
4	1/2 twist to feet	
5	Tuck jump	The and all of the the article
6	Front drop	C.
7	To feet	Focus 2: Rhythm/Maintenance of Height
8	Pike straddle jump	
9	Back drop	
10	To feet	
_		Focus 3: Landing Stuck 1 2 3
	SKILL 1	EVALUATION
	5 Pre-bounces	Complete: YES or NO (explain)
1	Hand/knee salto	Q Q Q
	(to feet)	Focus 1: Shape
	. ,	A A A
		Focus 2: Rhythm (from hand/knee off bed)
		Focus 3: Landing Stuck 1 2 3
	SKILL 2	EVALUATION
	5 Pre-bounces	Complete: YES or NO (explain)
1	Front drop	
2	To back drop	Focus 1: Stretch 1 2 3
3	To feet	
		Focus 2: Line
		Focus 3: Landing Stuck 1 2 3
	SKILL 3	EVALUATION
	5 Pre-bounces	Complete: YES or NO (explain)
1	Back pullover	
		Focus 1: Head Position Neutral IN OUT
		Focus 2: Rhythm
		Focus 3: Landing Stuck 1 2 3

TRAMPOLINE - LEVEL 4

NAME:	
CLUB:	

	ROUTINE	EVALUATION
	5 Pre-bounces	Complete: YES or NO (explain)
1	Airplane	
2	To feet	Focus 1: Shapes (circle)
3	Pike straddle jump	
4	Back drop	
5	To feet	A and all all all all all all all all all al
6	Pike jump	
7	1/2 twist to seat	Focus 2: Rhythm/Maintenance of Height
8	1/2 twist to feet	
9	Tuck jump	
10	Full twist	
		Focus 3: Landing Stuck 1 2 3
	SKILL 1	EVALUATION
	5 Pre-bounces	Complete: YES or NO (explain)
1	Front tuck	
		Focus 1: Shape
		A a s
		Kick-out angle: At 12:00 Before 12:00 After 12:00 No Kick-out
		Focus 2: Head Position Neutral IN OUT
		Focus 3: Landing Stuck 1 2 3
<u> </u>	0//// 0	
<u> </u>	SKILL 2	EVALUATION
	5 Pre-bounces	Complete: YES or NO (explain)
1	Back tuck	
		Focus 1: Shape
		Kiek euteneles At 12:00 Defere 12:00 After 12:00 No Kiel of
		Kick-out angle: At 12:00 Before 12:00 After 12:00 No Kick-out
		Focus 2: Head Desition Neutral IN OUT
		Focus 2: Head Position Neutral IN OUT
		Focus 3: Landing Stuck 1 2 3
		Focus 3: Landing Stuck 1 2 3

DOUBLE MINI TRAMP - LEVEL 1

NAME:	
CLUB:	

	ROUTINE 1	EVALUATION	
Μ	Straight jump	Complete: YES or NO (explain)	
S	Tuck jump		
D	Pike jump	Focus 1: Shapes (circle)	
		Focus 2: Landing Stuck 1 2 3	
	ROUTINE 2	EVALUATION	
Μ	Straight jump	Complete: YES or NO (explain)	
S	Pike straddle jump		
D	1/2 twist	Focus 1: Shapes (circle)	
		1/2 twist - Straight body YES or NO	
		Focus 2: Landing Stuck 1 2 3	
	ROUTINE 3	EVALUATION	
Μ	Straight jump	Complete: YES or NO (explain)	
S D	1/2 twist Straight jump	Focus 1: Shapes (circle)	
		1/2 twist - Straight body YES or NO Straight jump - Straight YES or NO	
		Focus 2: Landing Stuck 1 2 3	

	Кеу
М	Mount
S	Spotter
D	Dismount

DOUBLE MINI TRAMP - LEVEL 2

NAME:

	ROUTINE 1	EVALUATION	
М	Tuck jump	Complete: YES or NO (explain)	
D	Pike straddle jump		
		Focus 1: Shapes (circle)	
		Focus 2: Landing Stuck 1 2 3	
	ROUTINE 2	EVALUATION	
М	Straight jump	Complete: YES or NO (explain)	
S	1/2 twist		
D	1/2 twist	Focus 1: Shapes (circle)	
		1/2 twist - Straight body YES or NO 1/2 twist - Straight YES or NO	
		Focus 2: Landing Stuck 1 2 3	
	ROUTINE 3	EVALUATION	
Μ	Straight jump	Complete: YES or NO (explain)	
S	Full twist		
D	Straight jump	Focus 1: Shapes (circle)	
		Full twist - Straight body YES or NO Straight jump - Straight YES or NO	
		Focus 2: Landing Stuck 1 2 3	

Кеу	
М	Mount
S	Spotter
D	Dismount

DOUBLE MINI TRAMP - LEVEL 3

NAME:

·	
ROUTINE 1	EVALUATION
M Straight jump	Complete: YES or NO (explain)
S Straight jump	
D Front tuck	Focus 1: Shapes (circle)
	Straight jump - Straight YES or NO
	Kick-out angle: At 12:00 Before 12:00 After 12:00 No Kick-out
	Focus 2: Landing Stuck 1 2 3
ROUTINE 2	EVALUATION
M Straight jump	Complete: YES or NO (explain)
S Pike straddle jump	
D Full twist	Focus 1: Shapes (circle)
	Full twist - Straight body YES or NO
	() and
	aster
	Focus 2: Landing Stuck 1 2 3
ROUTINE 3	EVALUATION
M Straight jump	Complete: YES or NO (explain)
S Full twist	
D Tuck jump	Focus 1: Shapes (circle)
	Q Q Q
	Full twist - Straight body YES or NO
	the second secon
	~
	Focus 2: Landing Stuck 1 2 3

	Кеу
М	Mount
S	Spotter
D	Dismount

DOUBLE MINI TRAMP - LEVEL 4

NAME:

ROUTINE 1	EVALUATION
M Straight jump S Tuck jump	Complete: YES or NO (explain)
D Front tuck	Focus 1: Shapes (circle)
	Kick-out angle: At 12:00 Before 12:00 After 12:00 No Kick-out Focus 2: Landing Stuck 1 2 3
ROUTINE 2	EVALUATION
M Straight jumpS Straight jumpD Front pike	Complete: YES or NO (explain) Focus 1: Shapes (circle) Straight jump - Straight YES or NO
	Kick-out angle: At 12:00 Before 12:00 After 12:00 No Kick-out Focus 2: Landing Stuck 1 2 3
ROUTINE 3	EVALUATION
S Max 5 straight jump D Back tuck	
	Focus 2: Landing Stuck 1 2 3

Кеу	
Μ	Mount
S	Spotter
D	Dismount

TUMBLING - LEVEL 1

NAME:

SKILL 1	EVALUATION
Hip & trunk extension drill on	Complete: YES or NO (explain)
floor - repeat 3x	
	Focus 1: Tight outcurve shape when on back YES or NO
(drill for BHS)	
	Focus 2: Dynamic YES or NO
SKILL 2	EVALUATION
Jump to back on stack of mats	Complete: YES or NO (explain)
(40-60 cm)	Focus 1: Chest up when leaning back YES or NO
(drill for BHS)	
	Focus 2: Tight outcurve shape when land on back YES or NO
	Focus 3: Dynamic YES or NO
SKILL 3	EVALUATION
Cartwheel snap to toes (feet	Complete: YES or NO (explain)
together & on a line) - fall to	
back on port-a-pit	Focus 1: Straight Line YES or NO
	-
	Focus 2: Snap to hollow position on mat YES or NO
SKILL 4	EVALUATION
Backward roll on floor or down	Complete: YES or NO (explain)
incline	
	Focus 1: Straight Line YES or NO
	ř
	Focus 2: Landing Stuck 1 2 3
	P

	Кеу
BHS	Back handspring
RO	Round-off

TUMBLING - LEVEL 2

NAME:

SKILL 1	EVALUATION
BHS drill on cylinder to front support	Complete: YES or NO (explain)
	Focus 1: Legs straight YES / NO Shoulders open YES / NO
	Head neutral YES / NO Arms straight YES / NO
	Focus 2: Front support shape: Rounded shoulders YES / NO
	Tight body YES / NO
SKILL 2	EVALUATION
2-Foot power hurdle, RO (on line) punch to back	Complete: YES or NO (explain)
(in 'position') on porta-a-pit	Focus 1: Straight Line YES or NO
	Focus 2: Dynamic (rebound) YES or NO
SKILL 3	EVALUATION
RO from knee on a box, push to stand, punch backwards (stay on	Complete: YES or NO (explain)
feet)	Focus 1: Straight Line YES or NO
	Focus 2: Dynamic (rebound) YES or NO

	Кеу
BHS	Back handspring
RO	Round-off

TUMBLING - LEVEL 3

NAME:

SKILL 1	
Spotted standing BHS down	Complete: YES or NO (explain)
incline to push to back (on	
port-a-pit)	Focus 1: Legs straight YES / NO Shoulders open YES / NO
	Head neutral YES / NO Arms straight YES / NO
	Focus 2: Dynamic YES or NO
SKILL 2	EVALUATION
2-Foot power hurdle, RO,	Complete: YES or NO (explain)
BHS spotted to knees	
	Focus 1: Finish Round-off with feet slightly in front of body YES / NO
	Focus 2: Back handspring: Shoulders open YES / NO
	Head neutral YES / NO Arms straight YES / NO
	Focus 3: Straight Line YES or NO
SKILL 3	EVALUATION
Back tuck drill	Complete: YES or NO (explain)
	Focus 1: Hip lift to candle YES / NO
	Focus 2: Rounded shoulders in mean cat position YES / NO
	notas 2. – Rounded shoulders in mean cat position res 7 NO
	Focus 2: Head Position Neutral IN OUT
	Focus 2: Head Position Neutral IN OUT

	Кеу
BHS	Back handspring
RO	Round-off

TUMBLING - LEVEL 4

SKILL 1	EVALUATION
BHS down incline, BHS in a row up to 4 BHS with a straight jump after the last BHS (first BHS must	Complete: YES or NO (explain) Focus 1: Legs straight YES / NO Shoulders open YES / NO
be spotted)	
	Head neutral YES / NO Arms straight YES / NO
	Focus 2: Dynamic YES or NO
SKILL 2	EVALUATION
RO, BHS up to 4 with a straight jump after the last BHS	
	Focus 1: Legs straight YES / NO Shoulders open YES / NO
	Head neutral YES / NO Arms straight YES / NO
	Focus 2: Straight line YES or NO
	Focus 3: Dynamic YES or NO
SKILL 3	EVALUATION
Spotted back tuck off box	Complete: YES or NO (explain)
	Focus 1: Shape
	Focus 2: Head Position Neutral IN OUT

	Кеу
BHS	Back handspring
RO	Round-off