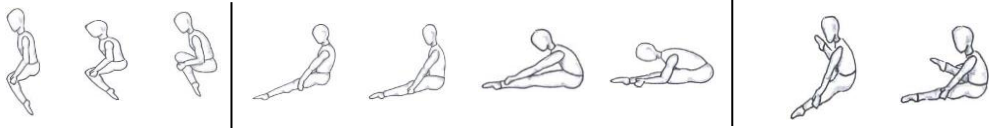


FAST Cat Trampoline & Tumbling Evaluation Sheet

TRAMPOLINE - LEVEL 1

NAME:

CLUB:

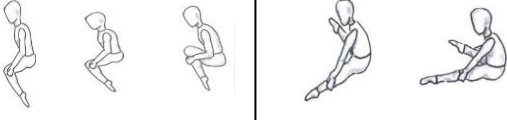
ROUTINE	EVALUATION
5 Pre-bounces 1 Tuck jump 2 Seat drop 3 To feet 4 Pike jump 5 1/2 twist 6 Pike straddle jump	Complete: YES or NO (explain) Focus 1: Shapes (circle)  Focus 2: Rhythm/Maintenance of Height Focus 3: Landing Stuck 1 2 3
SKILL 1	EVALUATION
5 Pre-bounces 1 Front drop 2 To feet	Complete: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

FAST Cat Trampoline & Tumbling Evaluation Sheet

TRAMPOLINE - LEVEL 2

NAME:

CLUB:

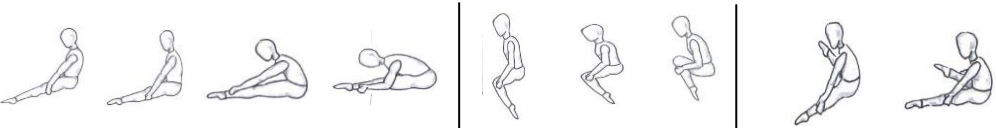

ROUTINE	EVALUATION
5 Pre-bounces 1 Back drop 2 To feet 3 Tuck jump 4 Seat drop 5 Swivel hip 6 To feet 7 Pike straddle jump 8 Full twist	Complete: YES or NO (explain) Focus 1: Shapes (circle)  Focus 2: Rhythm/Maintenance of Height Focus 3: Landing Stuck 1 2 3
SKILL 1	EVALUATION
5 Pre-bounces 1 Back drop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

FAST Cat Trampoline & Tumbling Evaluation Sheet

TRAMPOLINE - LEVEL 3

NAME:

CLUB:




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

FAST Cat Trampoline & Tumbling Evaluation Sheet

TRAMPOLINE - LEVEL 4

NAME:

CLUB:

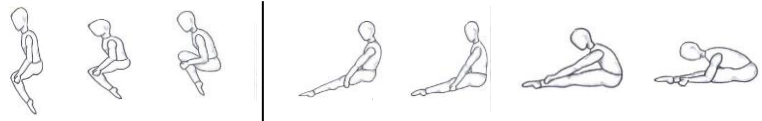

ROUTINE	EVALUATION
5 Pre-bounces 1 Airplane 2 To feet 3 Pike straddle jump 4 Back drop 5 To feet 6 Pike jump 7 1/2 twist to seat 8 1/2 twist to feet 9 Tuck jump 10 Full twist	Complete: YES or NO (explain) Focus 1: Shapes (circle)  Focus 2: Rhythm/Maintenance of Height Focus 3: Landing Stuck 1 2 3
SKILL 1	EVALUATION
5 Pre-bounces 1 Front tuck	Complete: YES or NO (explain) Focus 1: Shape  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
SKILL 2	EVALUATION
5 Pre-bounces 1 Back tuck	Complete: YES or NO (explain) Focus 1: Shape  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

FAST Cat Trampoline & Tumbling Evaluation Sheet

DOUBLE MINI TRAMP - LEVEL 1

NAME:

CLUB:

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

Key


M	Mount
S	Spotter
D	Dismount

FAST Cat Trampoline & Tumbling Evaluation Sheet

DOUBLE MINI TRAMP - LEVEL 2

NAME:

CLUB:

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

Key

























M	Mount
S	Spotter
D	Dismount

FAST Cat Trampoline & Tumbling Evaluation Sheet

DOUBLE MINI TRAMP - LEVEL 3

NAME:

CLUB:

ROUTINE 1	EVALUATION				
M Straight jump S Straight jump D Front tuck	Complete: YES or NO (explain) Focus 1: Shapes (circle) <table style="margin-left: 100px; border-collapse: collapse;"> <tr> <td style="border-right: 1px solid black; width: 100px; height: 50px;"></td> <td style="text-align: center;"></td> <td style="text-align: center;"></td> <td style="text-align: center;"></td> </tr> </table> 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 S Pike straddle jump D Full twist	Complete: YES or NO (explain) Focus 1: Shapes (circle) <table style="margin-left: 100px; border-collapse: collapse;"> <tr> <td style="border-right: 1px solid black; width: 100px; height: 50px;"></td> <td style="text-align: center;"></td> <td style="text-align: center;"></td> </tr> </table> Full twist - Straight body YES or NO Focus 2: Landing Stuck 1 2 3				
					
ROUTINE 3	EVALUATION				
M Straight jump S Full twist D Tuck jump	Complete: YES or NO (explain) Focus 1: Shapes (circle) <table style="margin-left: 100px; border-collapse: collapse;"> <tr> <td style="border-right: 1px solid black; width: 100px; height: 50px;"></td> <td style="text-align: center;"></td> <td style="text-align: center;"></td> <td style="text-align: center;"></td> </tr> </table> Full twist - Straight body YES or NO Focus 2: Landing Stuck 1 2 3				
					

Key




M	Mount
S	Spotter
D	Dismount

FAST Cat Trampoline & Tumbling Evaluation Sheet

DOUBLE MINI TRAMP - LEVEL 4

NAME:

CLUB:

ROUTINE 1	EVALUATION
M Straight jump S Tuck jump D Front tuck	Complete: YES or NO (explain) 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 jump S Straight jump D 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 jumps D Back tuck	Complete: YES or NO (explain) Focus 1: Shapes (circle) Maximum 5 straight jumps 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

Key

M	Mount
S	Spotter
D	Dismount

FAST Cat Trampoline & Tumbling Evaluation Sheet

TUMBLING - LEVEL 1

NAME:

CLUB:

SKILL 1	EVALUATION
Hip & trunk extension drill on floor - repeat 3x (drill for BHS)	Complete: YES or NO (explain) Focus 1: Tight outcurve shape when on back YES or NO Focus 2: Dynamic YES or NO
SKILL 2	EVALUATION
Jump to back on stack of mats (40-60 cm) (drill for BHS)	Complete: YES or NO (explain) Focus 1: Chest up when leaning back YES or NO 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 together & on a line) - fall to back on port-a-pit	Complete: YES or NO (explain) 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 incline	Complete: YES or NO (explain) Focus 1: Straight Line YES or NO Focus 2: Landing Stuck 1 2 3


	Key
BHS	Back handspring
RO	Round-off

FAST Cat Trampoline & Tumbling Evaluation Sheet

TUMBLING - LEVEL 4

NAME:

CLUB:

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 be spotted)	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: Dynamic YES or NO
SKILL 2	EVALUATION
RO, BHS . . . up to 4 with a straight jump after the last BHS	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: 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

	Key
BHS	Back handspring
RO	Round-off