PHYSICAL PREPARATION

Rope climb - 1m / 2m / 3m / 4m / top with feet.

Pushups on feet - less than / 5 or more with perfect technique.

Assisted pull ups - less than / 10 or more.

Assisted triceps dips - less than / 10 or more.

Long body hold - less than / 15 seconds or more.

Hollow body hold - less than / 15 seconds or more.

Arch body hold - less than / 45 seconds or more.

Tuck ups - less than / 10 or more.

Long jumps in a row - less than / 15 or more.

COMMENTS:		

COACH:				
PLEASE REGISTE	R:			
IN LEVEL:	(TRA)	(TUM)	(DMT)	NEXT SESSION.



PROGRESS REPORT

Levels 5 - 8

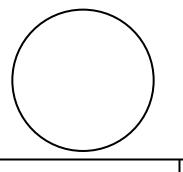
ATHLETES NAME:

SESSION DATE:

CLASS DAY & TIME:



TRAMPOLINE: Level 5

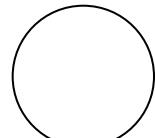


10 bounces on cross timed greater than 11 sec.	LEARNING
To bounces on cross timed greater than 11 sec.	MASTERED
	LEARNING
5 back drops in a row (no feet touching)	MASTERED
Front drop, roll ½ turn to back drop on rebound with mat	LEARNING
	MASTERED
Jump 1/2 to back drop	LEARNING
	MASTERED
Front drop 1/4 turn to fact 1/4 turn to front drop	LEARNING
Front drop 1/4 turn to feet, 1/4 turn to front drop	MASTERED
Pack drop 1/2 turn to fact airpland	LEARNING
Back drop 1/2 turn to feet, airplane	MASTERED
	LEARNING
Back drop to front drop (forwards)	MASTERED
	LEARNING
Cat twist	MASTERED
	LEARNING
Cradle	MASTERED
Dive call off tramp onto cafety met er beight	LEARNING
Dive roll off tramp onto safety mat or height	MASTERED

NOTES

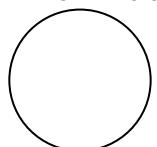
NOTES

TRAMPOLINE: Level 6



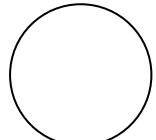
10 hourses on cross timed greater than 12 sees	LEARNING
10 bounces on cross timed greater than 12 secs	MASTERED
	LEARNING
5 front drops in a row	MASTERED
	LEARNING
Front drop to back drop	MASTERED
	LEARNING
Back drop 1/1 twist to feet	MASTERED
	LEARNING
Back drop pullover to hand knee drop and to feet	MASTERED
	LEARNING
Hand knee flip to back drop and to seat drop	MASTERED
	LEARNING
Front tuck with assistance or thrown mat	MASTERED
	LEARNING
Back tuck progression	MASTERED
	LEARNING
Back tuck with assistance	MASTERED
Airplane, to feet, pike jump, back drop, 1/2 to feet, tuck	LEARNING
jump, seat drop, to front drop, to feet, jump 1/1 turn, controlled safety landing	MASTERED

TRAMPOLINE: Level 7



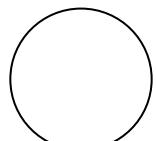
	LEARNING
10 bounces on cross timed greater than 13 secs	MASTERED
	LEARNING
10 back drops in a row	MASTERED
Cruise	LEARNING
Cruise	MASTERED
1/1 huist to book durin	LEARNING
1/1 twist to back drop	MASTERED
Front tuck with kick out	LEARNING
	MASTERED
Front tuck kickout to flat back on hip to chest height	LEARNING
mats, roll 1/2 turn to front	MASTERED
	LEARNING
Back tuck (with kickout)	MASTERED
French eille	LEARNING
Front pike	MASTERED
	LEARNING
Tuck barani with thrown mat or off tramp	MASTERED
Front tuck, straight jump, front tuck, straight jump, front	LEARNING
tuck, straight jump (on the cross)	MASTERED

DOUBLE MINI: Level 8



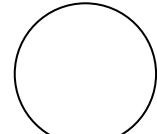
Develope hask took on DNAT with essistance	LEARNING
Bouncing back tuck on DMT with assistance	MASTERED
Straight jump, spotter back tuck, straight jump, controlled	LEARNING
safety landing	MASTERED
Straight jump, spotter back tuck, shape jump, controlled	LEARNING
safety landing	MASTERED
Straight jump, spotter back tuck, front tuck, controlled	LEARNING
safety landing	MASTERED
Straight jump, spotter back tuck, tuck barani, controlled	LEARNING
safety landing	MASTERED
Straight jump, spotter back tuck, pike barani, controlled	LEARNING
safety landing	MASTERED
3 routines with jumps as spotter skills and tuck, pike or	LEARNING
straight barani dismount, controlled safety landing	MASTERED

DOUBLE MINI: Level 7



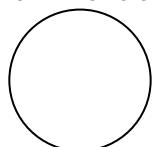
Shape jump, front pike, controlled safety landing	LEARNING
(Mounter Routine)	MASTERED
Straight jump, straight jump, pike barani, controlled	LEARNING
safety landing	MASTERED
Mounter or spotter shape jump, pike barani, controlled safety landing	LEARNING
	MASTERED
Straight jump, straight jump, front straight, controlled	LEARNING
safety landing with assistance or safety mat	MASTERED
Front straight to flat back on porta pit, roll 1/2 turn to	LEARNING
front	MASTERED
Straight jump, straight jump, straight barani, controlled	LEARNING
safety landing	MASTERED
Straight jump, shape jump, straight barani, controlled	LEARNING
safety landing	MASTERED

TRAMPOLINE: Level 8



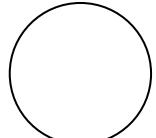
10 hours of an end of the state	LEARNING
10 bounces on cross greater than 14 secs	MASTERED
Front drop to back drop to pulloyer to fact	LEARNING
Front drop to back drop to pullover to feet	MASTERED
Change imposed in the second stand	LEARNING
Shape jump, flipping skill connected	MASTERED
Deale draw will avoid the forest draw to forest	LEARNING
Back drop, pullover to front drop to feet	MASTERED
Pack sike (with kickeyt)	LEARNING
Back pike (with kickout)	MASTERED
Front pike land jump 1/2 turn	LEARNING
	MASTERED
Tuck barani	LEARNING
	MASTERED
	LEARNING
Front drop, front pullover to backdrop	MASTERED
	LEARNING
Pike barani with thrown mat or off trampoline	MASTERED
Pike jump, front drop, cruise, to feet, straddle jump, 1/2	LEARNING
turn to back drop, to feet, full turn, tuck jump, front tuck, controlled safety landing	MASTERED

TUMBLING: Level 5



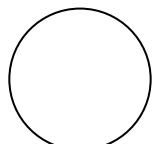
Tight stratched handstand with front facing wall 1 min	LEARNING
Tight stretched handstand with front facing wall 1 min	MASTERED
	LEARNING
Back extension to front support on floor	MASTERED
Roundoff off block with arms narrow, landing with chest	LEARNING
vertical	MASTERED
Power hurdle roundoff on floor	LEARNING
	MASTERED
Handstand snap down from block to scoop rebound to	LEARNING
back on safety mat	MASTERED
Push to bridge kick over on the floor	LEARNING
Push to bruge kick over on the hoor	MASTERED
Tight stretched lunge kick to handstand (hold for 2 sec)	LEARNING
forward roll out	MASTERED
Power hurdle front handspring from height with assistance	LEARNING
	MASTERED
Front tuck with assistance off tramp or on floor with	LEARNING
spring board to safety mat	MASTERED

DOUBLE MINI: Level 6



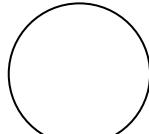
Straight jump, straight jump, front pike, controlled safety	LEARNING
landing	MASTERED
Straight jump, shape jump, front pike, controlled safety	LEARNING
landing	MASTERED
Bouncing front tuck, controlled safety landing, jump 1/2	LEARNING
turn	MASTERED
Bouncing front tuck to flat back on height, roll 1/2 turn to	LEARNING
front	MASTERED
Straight jump, straight jump, tuck barani, controlled	LEARNING
safety landing	MASTERED
Straight jump, shape jump, tuck barani, controlled safety	LEARNING
landing	MASTERED
Straight jump, tuck barani, controlled safety landing	LEARNING
(Mounter Routine)	MASTERED
Shape jump, tuck barani, controlled safety landing	LEARNING
(Mounter Routine)	MASTERED
3 optional routines with shape jumps and front tuck,	LEARNING
controlled safety landing (can be spotter or mounter routines)	MASTERED

DOUBLE MINI: Level 5



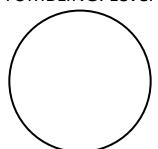
Bouncing front tuck off DMT, controlled safety landing	LEARNING
	MASTERED
Straight jump, straight jump, front tuck, controlled safety landing	LEARNING
	MASTERED
Straight jump, tuck jump, front tuck, controlled safety landing	LEARNING
	MASTERED
Straight jump, pike / straddle jump, front tuck, controlled safety landing	LEARNING
	MASTERED
Straight jump, front tuck, controlled safety landing (Mounter Routine)	LEARNING
	MASTERED
Tuck jump, front tuck, controlled safety landing (Mounter Routine)	LEARNING
	MASTERED
Straddle jump, front tuck, controlled safety landing (Mounter Routine)	LEARNING
	MASTERED

TUMBLING: Level 6



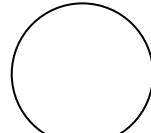
Determine and know direction of twist	LEARNING
	MASTERED
Backward extension with straight arms to handstand down incline	LEARNING
	MASTERED
Roundoff rebound tuck/straddle/pike jumps	LEARNING
	MASTERED
Power hurdle front handspring off block with straight arms, straight legs, slight arch in shoulders	LEARNING
	MASTERED
Modified back handspring (assisted, with equipment, on floor or trampoline)	LEARNING
	MASTERED
Front tuck on floor with spring board onto safety mat	LEARNING
	MASTERED
Backward roll jump 1/2 turn step out, handstand forward roll step out cartwheel, roundoff	LEARNING
	MASTERED

TUMBLING: Level 7



Power hurdle front handspring on floor with assistance	LEARNING
	MASTERED
Modified standing back handspring	LEARNING
	MASTERED
Forward roll on block step out into roundoff	LEARNING
	MASTERED
Front tuck on floor	LEARNING
	MASTERED
Front pike on floor onto safety mat with assistance	LEARNING
	MASTERED
Barani on floor or off springboard using safety mat	LEARNING
	MASTERED
Power hurdle roundoff rebound to back on safety mats	LEARNING
	MASTERED

TUMBLING: Level 8



Power hurdle front handspring on floor	LEARNING
	MASTERED
Standing back handspring on floor	LEARNING
	MASTERED
Front handspring rebound to dive roll (off block or onto safety mat)	LEARNING
	MASTERED
Front pike	LEARNING
	MASTERED
Assisted 2 back handsprings	LEARNING
	MASTERED
Power hurdle roundoff back handspring assisted or with mats	LEARNING
	MASTERED
Front tuck step out to roundoff	LEARNING
	MASTERED
Jump backwards off a block to a set position for back tuck	LEARNING
	MASTERED