

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 REGISTER:

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



PROGRESS REPORT

Levels 5 - 8

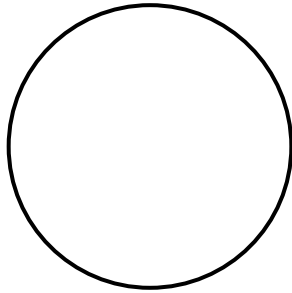
ATHLETES NAME:

SESSION DATE:

CLASS DAY & TIME:

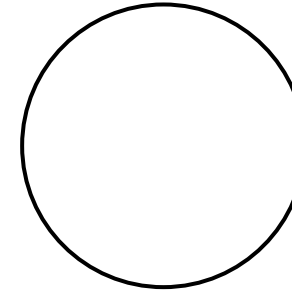


TRAMPOLINE: Level 7



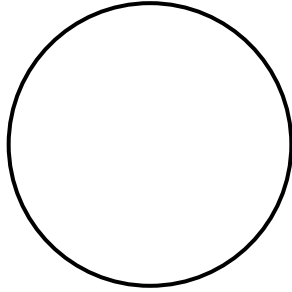
10 bounces on cross timed greater than 13 secs	LEARNING
	MASTERED
10 back drops in a row	LEARNING
	MASTERED
Cruise	LEARNING
	MASTERED
1/1 twist to back drop	LEARNING
	MASTERED
Front tuck with kick out	LEARNING
	MASTERED
Front tuck kickout to flat back on hip to chest height mats, roll 1/2 turn to front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

DOUBLE MINI: Level 8



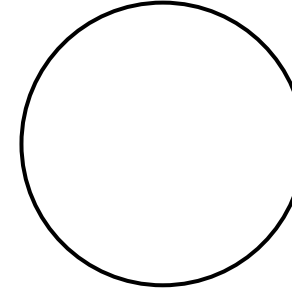
Bouncing back tuck on DMT with assistance	LEARNING
	MASTERED
Straight jump, spotter back tuck, straight jump, controlled safety landing	LEARNING
	MASTERED
Straight jump, spotter back tuck, shape jump, controlled safety landing	LEARNING
	MASTERED
Straight jump, spotter back tuck, front tuck, controlled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

DOUBLE MINI: Level 7



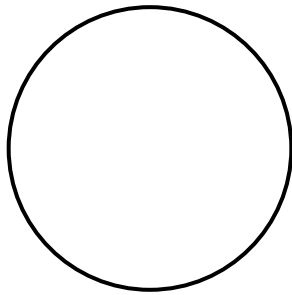
Shape jump, front pike, controlled safety landing (Mounter Routine)	LEARNING
	MASTERED
Straight jump, straight jump, pike barani, controlled safety landing	LEARNING
	MASTERED
Mounter or spotter shape jump, pike barani, controlled safety landing	LEARNING
	MASTERED
Straight jump, straight jump, front straight,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

TRAMPOLINE: Level 8



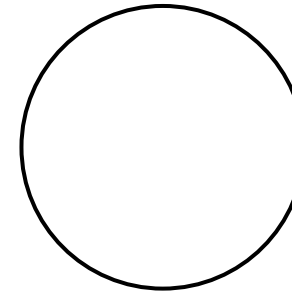
10 bounces on cross greater than 14 secs	LEARNING
	MASTERED
Front drop to back drop to pullover to feet	LEARNING
	MASTERED
Shape jump, flipping skill connected	LEARNING
	MASTERED
Back drop, pullover to front drop to feet	LEARNING
	MASTERED
Back pike (with kickout)	LEARNING
	MASTERED
Front pike land jump 1/2 turn	LEARNING
	MASTERED
Tuck barani	LEARNING
	MASTERED
Front drop, front pullover to backdrop	LEARNING
	MASTERED
Pike barani with thrown mat or off trampoline	LEARNING
	MASTERED
Pike jump, front drop, cruise, to feet, straddle jump, 1/2 turn to back drop, to feet, full turn, tuck jump, front tuck, controlled safety landing	LEARNING
	MASTERED

TUMBLING: Level 5



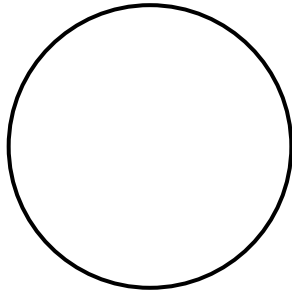
Tight stretched handstand with front facing wall 1 min	LEARNING
	MASTERED
Back extension to front support on floor	LEARNING
	MASTERED
Roundoff off block with arms narrow, landing with chest vertical	LEARNING
	MASTERED
Power hurdle roundoff on floor	LEARNING
	MASTERED
Handstand snap down from block to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

DOUBLE MINI: Level 6



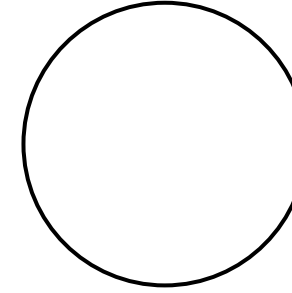
Straight jump, straight jump, front pike, controlled safety landing	LEARNING
	MASTERED
Straight jump, shape jump, front pike, controlled safety landing	LEARNING
	MASTERED
Bouncing front tuck, controlled safety landing, jump 1/2 turn	LEARNING
	MASTERED
Bouncing front tuck to flat back on height, roll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

DOUBLE MINI: Level 5



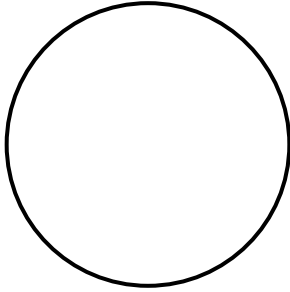
Bouncing front tuck off DMT, controlled safety landing	LEARNING
	MASTERED
Straight jump, straight jump, front tuck, controlled safety landing	LEARNING
	MASTERED
Straight jump, tuck jump, front tuck, controlled safety landing	LEARNING
	MASTERED
Straight jump, pike / straddle jump, front tuck, controlled 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



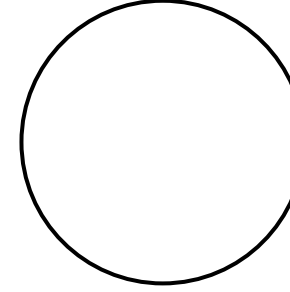
Determine and know direction of twist	LEARNING
	MASTERED
Backward extension with straight arms to handstand down incline	LEARNING
	MASTERED
Roundoff rebound tuck/straddle/pike jumps	LEARNING
	MASTERED
Power hurdle front handspring off block with straight arms, straight legs, slight arch in shoulders	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