

		Athlete Name							
		L = Learning				M = Mastered			
Coach:									
Day / Time:									
Session:									

TRAMPOLINE	1	10 bounces on cross timed greater than 11 secs							
	2	5 back drops in a row (no feet touching)							
	3	Front drop, roll 1/2 turn to backdrop on rebound							
	4	Jump 1/2 to back drop							
	5	Front drop 1/4 turn to feet, 1/4 turn to front drop							
	6	Back drop 1/2 turn to feet, airplane							
	7	Back drop to front drop (forwards)							
	8	Cat twist (back drop, 1/1 turn to backdrop)							
	9	Cradle							
	10	Dive roll off tramp onto safety mat or height							

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

DOUBLE MINI	1	Bouncing front tuck off DMT, controlled safety landing							
	2	Straight jump, straight jump, front tuck, controlled safety landing							
	3	Straight jump, tuck jump, front tuck, controlled safety landing							
	4	Straight jump, pike / straddle jump, front tuck, controlled safety landing							
	5	Straight jump, front tuck, controlled safety landing (Mounter Routine)							
	6	Tuck jump, front tuck, controlled safety landing (Mounter Routine)							
	7	Straddle jump, front tuck, controlled safety landing (Mounter Routine)							

PHYSICAL PREP	1	Rope climb with feet - 1m / 2m / 3m / 4m / top							
	2	Push ups on feet (goal of more than 5)							
	3	Assisted pull ups (goal of more than 10)							
	4	Assisted triceps dips (goal of more than 10)							
	5	Long body hold/inch worm timed (goal of more than 15 secs)							
	6	Hollow body/in curve position timed (goal of more than 15 secs)							
	7	Arch body/out curve position (goal of more than 45 secs)							
	8	Tuck ups (goal of more than 10)							
	9	Long jumps in a row (goal of more than 15)							

		Athlete Name							
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Coach:									
Day / Time:									
Session:									

TRAMPOLINE										
	1	10 bounces on cross timed greater than 12 secs								
	2	5 front drops in a row								
	3	Front drop to back drop								
	4	Back drop 1/1 twist to feet								
	5	Back drop pullover to hand knee drop and to feet								
	6	Hand knee flip to back drop and to seat drop								
	7	Front tuck with assistance or with thrown mat								
	8	Back tuck progression								
	9	Back tuck with coach assistance								
	10	Routine - Airplane, to feet, pike jump, back drop, 1/2 to feet, tuck jump, seat drop, to front drop, to feet, jump 1/1 turn, controlled safety landing								

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

DOUBLE MINI										
	1	Straight jump, straight jump, front pike, controlled safety landing								
	2	Straight jump, shape jump, front pike, controlled safety landing								
	3	Bouncing front tuck, controlled landing, jump 1/2 turn								
	4	Bouncing front tuck to flat back on height, roll 1/2 to front								
	5	Straight jump, straight jump, tuck barani, controlled safety landing								
	6	Straight jump, shape jump, tuck barani, controlled safety landing								
	7	Straight jump, tuck barani, controlled safety landing (mounter routine)								
	8	Shape jump, tuck barani, controlled safety landing (mounter routine)								
9	3 optional routines with shape jumps and front tuck, controlled safety landing (Can be spotter or mounter routines)									

PHYSICAL PREP										
	1	Rope climb with feet - 1m / 2m / 3m / 4m / top								
	2	Push ups on feet (goal of more than 5)								
	3	Assisted pull ups (goal of more than 10)								
	4	Assisted triceps dips (goal of more than 10)								
	5	Long body hold/inch worm timed (goal of more than 15 secs)								
	6	Hollow body/in curve position timed (goal of more than 15 secs)								
	7	Arch body/out curve position (goal of more than 45 secs)								
	8	Tuck ups (goal of more than 10)								
9	Long jumps in a row (goal of more than 15)									



EVALUATION SHEET: Level 7



		Athlete Name							
		L = Learning				M = Mastered			
Coach:									
Day / Time:									
Session:									

TRAMPOLINE	1	10 bounces on cross timed greater than 13 sec							
	2	10 back drops in a row							
	3	Cruise (front drop, 1/2 turn to front drop)							
	4	1/1 twist to back drop							
	5	Front tuck with kick out							
	6	Front tuck, kickout to flat back on hip to chest height mats, roll 1/2 turn to front							
	7	Back tuck (with kickout)							
	8	Front Pike							
	9	Tuck barani with thrown mat or off tramp							
	10	Front tuck, straight jump, front tuck, straight jump, front tuck, straight jump (on the cross)							

TUMBLING	1	Power hurdle front handspring on floor with assistance							
	2	Standing back handspring unassisted down incline or assisted on floor							
	3	Forward roll on block step out into roundoff							
	4	Front tuck on floor							
	5	Front pike on floor onto safety mat with assistance							
	6	Barani on floor or off springboard using safety mat							
	7	Power hurdle roundoff rebound to back on safety mats							

DOUBLE MINI	1	Shape jump, front pike, controlled safety landing (Mounter Routine)							
	2	Straight jump, straight jump, pike barani, controlled safety landing							
	3	Mounter or spotter shape jump, pike barani, controlled safety landing							
	4	Straight jump, straight jump, front straight, controlled safety landing with assistance or safety mat							
	5	Front straight to flat back on porta pit, roll 1/2 turn to front							
	6	Straight jump, straight jump, straight barani, controlled safety landing							
	7	Straight jump, shape jump, straight barani, controlled safety landing							

PHYSICAL PREP	1	Rope Climb with feet - 1m / 2m / 3m / 4m / top							
	2	Push ups on feet (goal of more than 5)							
	3	Assisted pull ups (goal of more than 10)							
	4	Assisted triceps dips (goal of more than 10)							
	5	Long body hold/inch worm timed (goal of more than 15 secs)							
	6	Hollow body/in curve position timed (goal of more than 15 secs)							
	7	Arch body/out curve position (goal of more than 45 secs)							
	8	Tuck ups (goal of more than 10)							
	9	Long jumps in a row (goal of more than 15)							

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TRAMPOLINE	1	10 bounces on cross greater than 14 secs							
	2	Front drop to back drop, pullover to feet							
	3	Shape jump, flipping skill connected (e.g. tuck jump, front tuck)							
	4	Back drop, pullover to front drop to feet							
	5	Back pike (with kickout)							
	6	Front pike land jump 1/2 turn							
	7	Tuck barani							
	8	Front drop, front pullover to backdrop							
	9	Pike barani with thrown mat or off tramp							
	10	Routine -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							

TUMBLING	1	Power hurdle front handspring on floor							
	2	Standing back handspring on floor							
	3	Front handspring rebound to dive roll (off block and onto safety mat)							
	4	Front pike on floor							
	5	Assisted 2 back handsprings (assistance or equipment)							
	6	Power hurdle roundoff back handspring assisted or with mats							
	7	Front tuck step out to roundoff							
	8	Straight jump set for back tuck off box							

DOUBLE MINI	1	Bouncing back tuck on DMT with assistance (spotter skill)							
	2	Straight jump, spotter back tuck, straight jump, controlled safety landing							
	3	Straight jump, spotter back tuck, shape jump, controlled safety landing							
	4	Straight jump, spotter back tuck, front tuck, controlled safety landing							
	5	Straight jump, spotter back tuck, tuck barani, controlled safety landing							
	6	Straight jump, spotter back tuck, pike barani, controlled safety landing							
	7	3 routines with jumps as spotter skills and tuck, pike or straight barani dismount, controlled safety landing							

PHYSICAL PREP	1	Rope climb with feet - 1m / 2m / 3m / 4m / top							
	2	Push ups on feet (goal of more than 5)							
	3	Assisted pull ups (goal of more than 10)							
	4	Assisted triceps dips (goal of more than 10)							
	5	Long body hold/inch worm timed (goal of more than 15 secs)							
	6	Hollow body/in curve position timed (goal of more than 15 secs)							
	7	Arch body/out curve position (goal of more than 45 secs)							
	8	Tuck ups (goal of more than 10)							
	9	Long jumps in a row (goal of more than 15)							

