

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

TRAMPOLINE	1	10 front drops in a row								
	2	Back tuck, tuck barani connected								
	3	Tuck barani, back tuck connected								
	4	Pike barani								
	5	Twisting Sequence without feet: A-Back drop, to front drop, cruise, to back drop, cat twist. B-front drop, to back drop, cradle, to front drop, 1/2 turn to back drop								
	6	Back straight								
	7	Front straight off tramp or on tramp with thrown mat								
	8	1/2 Turn table								
	9	Back Drop, Porpoise to back drop								
	10	Optional routine with 10 skills (2 inverted)								

TUMBLING	1	Round off back handspring on floor								
	2	Front handspring from block rebound to front tuck with assistance								
	3	Barani on floor (any shape)								
	4	Roundoff 2 back handspring on floor								
	5	Standing 3 back handsprings (equipment or assistance)								
	6	Standing back tuck off height with assistance								
	7	Roundoff back handspring straight jump to set								

DOUBLE MINI	1	Front tuck mounter onto safety mat, controlled safety landing								
	2	Front tuck mounter to flat back on hip to chest height mats, roll 1/2 turn to front								
	3	Tuck barani mounter onto safety mat								
	4	Bouncing back tuck off DMT, controlled safety landing								
	5	Tuck barani mounter, straight jump, controlled safety landing (Mounter Routine)								
	6	Tuck barani mounter, straight jump, back tuck, controlled safety landing								
	7	3 routines with shape jumps as mounter skills and tuck, pike or straight barani dismount, controlled safety landing								

PHYSICAL PREP	1	5 box jumps in a row - lower than / higher than hip height								
	2	Rope climb with feet / with no feet - 1m / 2m / 3m / 4m / top								
	3	Pull ups - with no assistance (more than 5)								
	4	Pike ups (more than 10)								
	5	Triceps dips - with no assistance (more than 5)								
	6	Hollow body hold off box (more than 30 secs)								
	7	Arch body hold off box (more than 30 secs)								
	8	Side body hold off box (more than 30 secs)								
	9	Handstand walking - 1m / 2m / 3m / 4m / more								
	10	Push ups on feet (more than 10)								

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TRAMPOLINE	1	Back pike, pike barani connected								
	2	Pike barani, back pike connected								
	3	Front straight to flat back on height, roll 1/2 turn								
	4	Straight barani								
	5	Front 3/4 straight								
	6	Front 3/4 straight, porpoise, to feet								
	7	Back 3/4 tuck, return to feet								
	8	Optional routine with 10 skills (must have 4 inverted skills with, 2 straight inverted skills and a twisting inverted skill)								

TUMBLING	1	Front handspring on floor rebound to front tuck with assistance								
	2	Roundoff 3 back handspring on floor								
	3	Front tuck step out to roundoff back handspring								
	4	Roundoff whip assisted or with mat								
	5	Standing back tuck off height								
	6	Roundoff back handspring back tuck with assistance								

DOUBLE MINI	1	Barani mounter, back tuck with assistance, controlled safety landing								
	2	Barani mounter, back tuck, controlled safety landing								
	3	Bouncing spotter back pike with assistance or thrown mat, controlled safety landing								
	4	Straight jump, spotter back pike, straight jump, controlled safety landing								
	5	Bouncing back straight off DMT, controlled safety landing								
	6	Straight jump, spotter back pike, front tuck or tuck barani, controlled safety landing								
	7	Straight jump, jump 1/2 turn, back straight, controlled safety landing								

PHYSICAL PREP	1	5 Box jumps in a row - lower than / higher than hip height								
	2	Rope climb with feet / with no feet - 1m / 2m / 3m / 4m / top								
	3	Pull ups - with no assistance (more than 5)								
	4	Pike ups (more than 10)								
	5	Triceps Dips - with no assistance (more than 5)								
	6	Hollow body hold off box (more than 30 secs)								
	7	Arch body hold off box (more than 30 secs)								
	8	Side body hold off box (more than 30 secs)								
	9	Handstand walking 1m / 2m / 3m / 4m / more								
	10	Push ups on feet (more than 10)								



EVALUATION SHEET: Level 11



		Athlete Name							
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TRAMPOLINE	1	10 bounces on cross greater than 15 secs							
	2	Back 3/4 tuck, cruise to feet							
	3	Straight barani, Back straight							
	4	Back straight, straight barani							
	5	Back drop 1/1 twist to front drop							
	6	Front 3/4 tuck or pike to flat back with thrown mat							
	7	Back straight 1/2 twist off tramp or with thrown mat							
	8	Back straight 1/1 twist off tramp, or with thrown mat on tramp							
	9	Tuck, pike, or straight barani, back tuck, pike, or straight repeated 2-3 times in a row							

TUMBLING	1	Round off whip back handspring with assistance						
	2	Roundoff 4 back handspring						
	3	Roundoff back handspring back tuck						
	4	Roundoff whip, back handspring						
	5	Standing back tuck						
	6	Round off back handspring back straight with assistance						

DOUBLE MINI	1	Straight or pike barani mounter, controlled safety landing						
	2	Straight or pike barani mounter, straight jump, back tuck, controlled safety landing						
	3	Barani mounter, back straight, controlled safety landing						
	4	Straight jump, spotter back tuck, straight barani, controlled safety landing						
	5	Straight jump, spotter back straight with spot or throw mat, controlled safety landing						
	6	Straight jump, spotter back straight, shape jump, controlled safety landing						
	7	Straight jump, spotter back straight, barani (any), controlled safety landing						

PHYSICAL PREP	1	5 box jumps in a row - lower than / higher than hip height						
	2	Rope climb with feet / with no feet - 1m / 2m / 3m / 4m / top						
	3	Pull ups with no assistance (more than 5)						
	4	Pike ups (more than 10)						
	5	Triceps dips with no assistance (more than 5)						
	6	Hollow body hold off box (more than 30 secs)						
	7	Arch body hold off box (more than 30 secs)						
	8	Side body hold off box (more than 30 secs)						
	9	Handstand walking - 1m / 2m / 3m / 4m / more						
	10	Push ups on feet (more than 10)						

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TRAMPOLINE	1	Corkscrew (back drop, 1 1/2 twist to back drop)							
	2	Back 3/4 pike/straight, return to feet							
	3	Back 3/4 (any) to back drop to pullover							
	4	Back straight 1/1 twist							
	5	Back tuck, tuck barani, back straight 1/1 twist connected							
	6	Front straight 1/1 twist off tramp or with thrown mat							
	7	Optional routine with 10 skills (must include front 3/4 (any) or back 3/4 (any) and min 5 other inverted skills)							
	8	Tuck, pike, or straight barani, back tuck, pike, or straight repeated 4-5 times							

TUMBLING	1	Roundoff back handspring back straight							
	2	Roundoff whip, back handspring back straight							
	3	Roundoff 3 back handspring back tuck							
	4	Roundoff 2 whips (bounding whip)							
	5	4 skill routine with 1 whip connected to back handspring							
	6	Routine with 6 skills, minimum 2 saltos, must finish in a salto (e.g. roundoff, 2 whips, 2 back handsprings, back straight)							

DOUBLE MINI	1	Straight jump, straight jump, front straight 1/1 twist to flat back on porta pit							
	2	Bouncing back straight 1/1 twist off dmt, controlled safety landing							
	3	Straight jump, straight jump, front 1/1 twist, controlled safety landing							
	4	Barani mounter, back straight 1/1 twist, controlled safety landing							
	5	Straight jump, spotter back tuck, front 1/1 twist, controlled safety landing							
	6	Straight jump, spotter back straight, front straight 1/1 twist, controlled safety landing							

PHYSICAL PREP	1	5 box jumps in a row – lower than / higher than hip height							
	2	Rope climb with feet / with no feet - 1m / 2m / 3m / 4m / top							
	3	Pull ups - with no assistance (more than 5)							
	4	Pike ups (more than 10)							
	5	Triceps Dips - with no assistance (more than 5)							
	6	Hollow body hold off box (more than 30 secs)							
	7	Arch body hold off box (more than 30 secs)							
	8	Side body hold off box (more than 30 secs)							
	9	Handstand Walking 1m / 2m / 3m / 4m / more							
	10	Push ups on feet (more than 10)							

