

## PHYSICAL PREPARATION

I can hold wall sit for \_\_\_\_\_ seconds.

I can hold hollow position for \_\_\_\_\_ seconds.

I can hold arch position for \_\_\_\_\_ seconds.

I can hold pull up hang for \_\_\_\_\_ seconds

I can hold myself up on a rope for \_\_\_\_\_ seconds.

I can hold tuck hang for \_\_\_\_\_ seconds.

I can run 10 m in \_\_\_\_\_ seconds.

COMMENTS:

COACH:

PLEASE REGISTER:

IN LEVEL:

NEXT SESSION.



## PROGRESS REPORT

Level 1

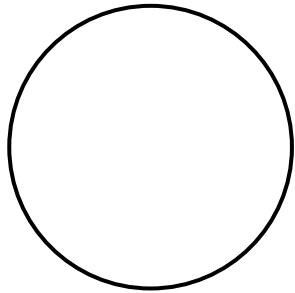
ATHLETES NAME:

SESSION DATE:

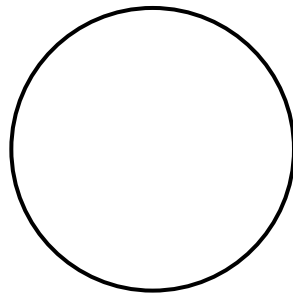
CLASS DAY & TIME:



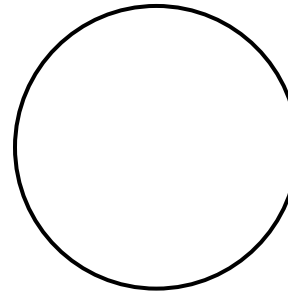
## FUNDAMENTALS



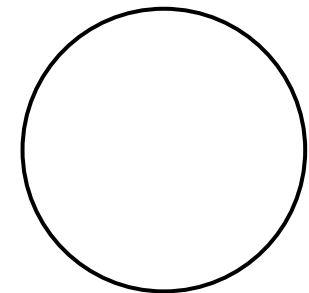
## TRAMPOLINE



## TUMBLING



## DOUBLE MINI



Consecutive single foot hops 2 m (Right and Left)	LEARNING
	MASTERED
Consecutive 2-foot hops 5 m	LEARNING
	MASTERED
Show tuck, pike, straddle position	LEARNING
	MASTERED
Straight jump to controlled safety landing on floor	LEARNING
	MASTERED
Straight jump forward, backwards, sideways to controlled safety landing from knee height	LEARNING
	MASTERED
Prone fall from knees or from feet using incline	LEARNING
	MASTERED
Forward, backward, sideward safety roll (floor or incline)	LEARNING
	MASTERED
Tuck, star jump to controlled safety landing on apparatus	LEARNING
	MASTERED
Tuck, star jump to controlled safety landing from knee height	LEARNING
	MASTERED
10 arm circles (arms up in front, down to the side)	LEARNING
	MASTERED
Break fall from seated position	LEARNING
	MASTERED

5 bounces on cross with controlled safety landing	LEARNING
	MASTERED
Show seat drop, back drop, hand knee drop, front drop position	LEARNING
	MASTERED
Star jump and tuck jump on cross	LEARNING
	MASTERED
Pike and straddle jump on tramp (legs min 45 degrees, controlled landing)	LEARNING
	MASTERED
Show jump to seat drop and hand knee drop on a mat off the trampoline	LEARNING
	MASTERED
Jump to seat drop on tramp with mat or from zero bounce	LEARNING
	MASTERED
Jump to hand knee drop on tramp with mat or from zero bounce	LEARNING
	MASTERED
Jump to front drop on mat off tramp	LEARNING
	MASTERED
Jump to back drop on mat off tramp	LEARNING
	MASTERED
Jump ½ turn (both directions)	LEARNING
	MASTERED

Front support / Side support / Rear support (5 sec)	LEARNING
	MASTERED
Show tight lunge position	LEARNING
	MASTERED
Piked Handstand with front facing wall or feet elevated to hip height	LEARNING
	MASTERED
Tight body log roll down incline	LEARNING
	MASTERED
Springboard jump from small run to controlled safety landing	LEARNING
	MASTERED
Forward roll to stand down incline	LEARNING
	MASTERED
Piked forward roll to pike sit/ straddle forward roll to straddle sit down incline	LEARNING
	MASTERED
Backward roll down incline (assisted)	LEARNING
	MASTERED
Modified cartwheel over block alternating legs	LEARNING
	MASTERED
Run to hurdle (run or step to land with both feet at the same time)	LEARNING
	MASTERED

Show hurdle to controlled safety landing onto knee height	LEARNING
	MASTERED
Show controlled safety landing from bouncing off DMT or mini tramp or trampoline onto safety mat	LEARNING
	MASTERED
Show hurdle, 2-foot takeoff from to spring board, to controlled safety landing	LEARNING
	MASTERED
Show tuck, pike, straddle jump to controlled safety landing from run using springboard	LEARNING
	MASTERED
Show tuck, pike, straddle jumps from DMT to a controlled safety landing	LEARNING
	MASTERED
Hurdle onto DMT from knee height (spring board or incline or box)	LEARNING
	MASTERED
3 straight jumps to a controlled safety landing on DMT from springboard or height (Roller Coaster)	LEARNING
	MASTERED
Straight jump, straight jump, tuck or straddle jump, controlled safety landing	LEARNING
	MASTERED

## PHYSICAL PREPARATION

I can hold wall sit for \_\_\_\_\_ seconds.

I can hold hollow position for \_\_\_\_\_ seconds.

I can hold arch position for \_\_\_\_\_ seconds.

I can hold pull up hang for \_\_\_\_\_ seconds

I can hold myself up on a rope for \_\_\_\_\_ seconds.

I can hold tuck hang for \_\_\_\_\_ seconds.

I can run 10 m in \_\_\_\_\_ seconds.

COMMENTS:

COACH:

PLEASE REGISTER:

IN LEVEL:

NEXT SESSION.



## PROGRESS REPORT

Level 2

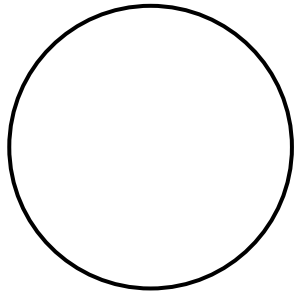
ATHLETES NAME:

SESSION DATE:

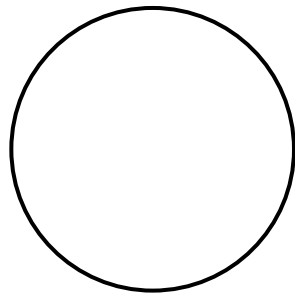
CLASS DAY & TIME:



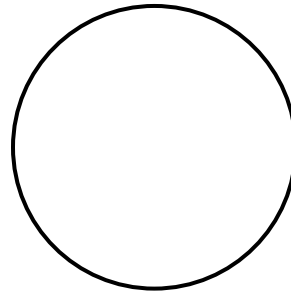
## FUNDAMENTALS



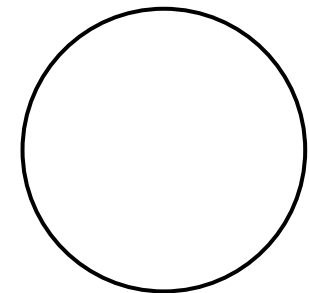
## TRAMPOLINE



## TUMBLING



## DOUBLE MINI



Consecutive single foot hops 5 m (Right and Left)	LEARNING
	MASTERED
Consecutive 2-foot hops 10 m	LEARNING
	MASTERED
Pike and straddle jump on floor to controlled safety landing	LEARNING
	MASTERED
Pike and straddle jump to controlled safety landing from knee height	LEARNING
	MASTERED
Straight jump forward and backward to controlled safety landing from hip height	LEARNING
	MASTERED
Jump 1/2 turn to controlled safety landing on floor	LEARNING
	MASTERED
Jump 1/2 turn to controlled safety landing from knee height	LEARNING
	MASTERED
Straight body break fall to flat back from standing onto safety mat	LEARNING
	MASTERED
Prone fall from standing on a safety mat	LEARNING
	MASTERED

10 bounces in a row with 4 different arm positions	LEARNING
	MASTERED
Tuck, pike, straddle jumps grabbing knees or touching legs	LEARNING
	MASTERED
3 different shape jumps in a row	LEARNING
	MASTERED
Seat drop to feet 3x in a row	LEARNING
	MASTERED
Seat drop 1/2 turn to feet	LEARNING
	MASTERED
Jump 1/2 turn to seat drop to feet	LEARNING
	MASTERED
Seat drop to hand knee drop to front drop to feet	LEARNING
	MASTERED
Hand knee drop to front drop to feet	LEARNING
	MASTERED
Tuck jump, seat drop, tuck jump, seat drop (on the cross)	LEARNING
	MASTERED
Backdrop and front drop on tramp with mat	LEARNING
	MASTERED

Power hurdle	LEARNING
	MASTERED
Log roll on floor	LEARNING
	MASTERED
Leaning handstand with front facing wall 10 (sec)	LEARNING
	MASTERED
Forward roll to stand (no hands when standing up)	LEARNING
	MASTERED
Forward roll into immediate straight jump to controlled safety landing	LEARNING
	MASTERED
Forward roll onto box/height (feet must stay together)	LEARNING
	MASTERED
Backward roll down incline unassisted	LEARNING
	MASTERED
Assisted kick to handstand against a wall	LEARNING
	MASTERED
Tight lunge kick up to modified handstand	LEARNING
	MASTERED
Modified cartwheel on floor	LEARNING
	MASTERED

3 straight jumps to a controlled safety landing on DMT from floor (Roller Coaster)	LEARNING
	MASTERED
2-3 shape jumps in a row on the trampoline or stationary on the DMT	LEARNING
	MASTERED
Straight jump, straight jump, pike jump, controlled safety landing	LEARNING
	MASTERED
Straight jump, straight jump, 1/2 turn, controlled safety landing	LEARNING
	MASTERED
Straight jump, tuck jump, straight jump, controlled safety landing	LEARNING
	MASTERED
Straight jump, tuck jump, tuck jump, controlled safety landing	LEARNING
	MASTERED
Straight jump, tuck jump, straddle jump, controlled safety landing	LEARNING
	MASTERED
3 optional spotter routines with jumps to controlled safety landing	LEARNING
	MASTERED

## PHYSICAL PREPARATION

I can hold wall sit for less than / 30 seconds or more.

I can hold hollow position for less than / 15 seconds or more.

I can hold arch position for less than / 30 seconds or more.

I can hold pull up hang for less than / 10 seconds or more.

I can climb 1m / 2m / 3m / 4m / to the top of the rope.

I can hold tuck hang for less than / 10 seconds or more.

I can do less than / 5 or more pushups on my knees.

I can one-foot hop 10 m in more than / 4 seconds or less.

COMMENTS:

COACH:

PLEASE REGISTER:

IN LEVEL:

NEXT SESSION.



## PROGRESS REPORT

Level 3

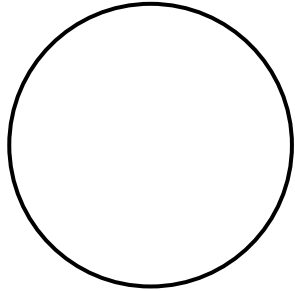
ATHLETES NAME:

SESSION DATE:

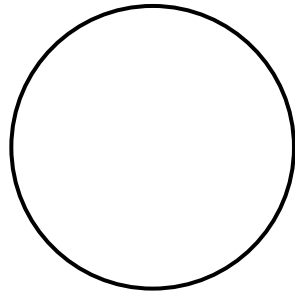
CLASS DAY & TIME:



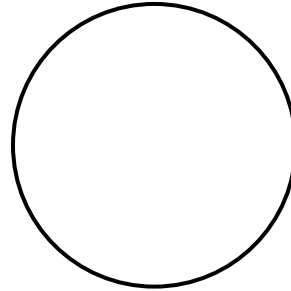
## FUNDAMENTALS



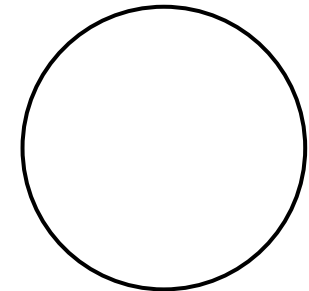
## TRAMPOLINE



## TUMBLING



## DOUBLE MINI



Consecutive single foot hops 10 m on each leg	LEARNING
	MASTERED
Jump 1/1 turn controlled safety landing on floor	LEARNING
	MASTERED
Tuck, Pike, Straddle jump, jump 1/2 turn from spring board to controlled safety landing	LEARNING
	MASTERED
Straight jump forward to controlled safety landing from chest height	LEARNING
	MASTERED
Pike stretch 10 sec	LEARNING
	MASTERED
Straddle stretch 10 sec	LEARNING
	MASTERED
Hold bridge position 10 sec	LEARNING
	MASTERED
Break fall from height	LEARNING
	MASTERED

10 bounces in a row with arm circles and safety landing	LEARNING
	MASTERED
Tuck/pike/straddle jumps with legs close to full height	LEARNING
	MASTERED
Jump 1/1 turn to controlled safety landing	LEARNING
	MASTERED
Seat drop, back drop or front drop with thrown mat	LEARNING
	MASTERED
5 seat drops in a row (feet do not touch trampoline)	LEARNING
	MASTERED
Swivel hips	LEARNING
	MASTERED
Front drop to feet	LEARNING
	MASTERED
Back drop to feet	LEARNING
	MASTERED
Seat drop to front drop to feet	LEARNING
	MASTERED
Seat drop, roll 1/2 turn to front drop, roll 1/2 turn to seat drop	LEARNING
	MASTERED

Tight stretched handstand with front against wall (20 sec)	LEARNING
	MASTERED
Forward roll into immediate shape jump to controlled safety landing	LEARNING
	MASTERED
Backward roll on floor to feet (no knees touching the ground)	LEARNING
	MASTERED
Jump from height rebound into dive roll onto height	LEARNING
	MASTERED
Kick to handstand, step down to lunge	LEARNING
	MASTERED
Kick to handstand fall to back and front onto safety mat	LEARNING
	MASTERED
Power hurdle to handstand or cartwheel	LEARNING
	MASTERED
Cartwheel on a line with legs straight, body vertical, arms narrow	LEARNING
	MASTERED
Cartwheel fall or pop to front on safety mat	LEARNING
	MASTERED
Modified forward roll from handstand	LEARNING
	MASTERED

Roller Coaster with only 2 bounces on DMT (Mounter Routine)	LEARNING
	MASTERED
Straight jump, tuck jump, controlled safety landing (Mounter Routine)	LEARNING
	MASTERED
Straight jump, pike/straddle jump, controlled safety landing (Mounter Routine)	LEARNING
	MASTERED
Tuck jump, straight jump, controlled safety landing (Mounter Routine)	LEARNING
	MASTERED
Tuck jump, straddle jump, controlled safety landing (Mounter Routine)	LEARNING
	MASTERED
Straddle jump, straight jump, controlled safety landing (Mounter Routine)	LEARNING
	MASTERED
Straight jump, tuck / straddle jump, 1/2 turn, controlled safety landing	LEARNING
	MASTERED
Straight jump, straight jump, jump 1/1 turn, controlled safety landing	LEARNING
	MASTERED

## PHYSICAL PREPARATION

I can hold wall sit for less than / 30 seconds or more.

I can hold hollow position for less than / 15 seconds or more.

I can hold arch position for less than / 30 seconds or more.

I can hold pull up hang for less than / 10 seconds or more.

I can climb 1m / 2m / 3m / 4m / to the top of the rope.

I can hold tuck hang for less than / 10 seconds or more.

I can do less than / 5 or more pushups on my knees.

I can one-foot hop 10 m in more than / 4 seconds or less.

COMMENTS:

COACH:

PLEASE REGISTER:

IN LEVEL:

NEXT SESSION.



## PROGRESS REPORT

Level 4

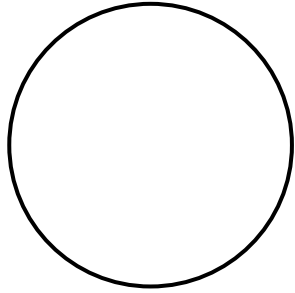
ATHLETES NAME:

SESSION DATE:

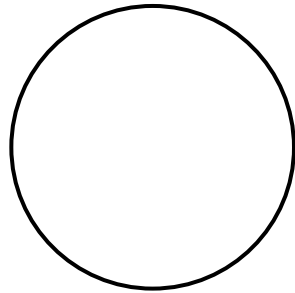
CLASS DAY & TIME:



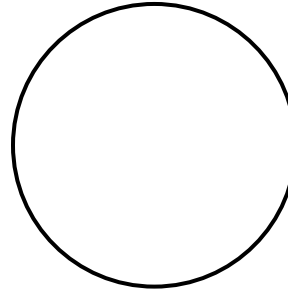
## FUNDAMENTALS



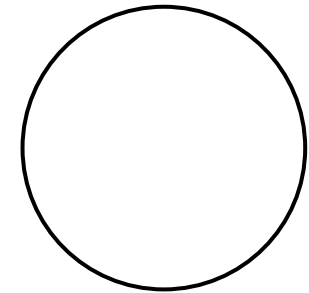
## TRAMPOLINE



## TUMBLING



## DOUBLE MINI



Jump 1/1 turn to controlled safety landing from spring board	LEARNING
	MASTERED
Jump 1/1 turn from knee or hip height	LEARNING
	MASTERED
Straight jump backward to controlled safety landing from chest height	LEARNING
	MASTERED
Straight jump onto hip height	LEARNING
	MASTERED
Pike stretch 30 sec	LEARNING
	MASTERED
Straddle stretch 30 sec	LEARNING
	MASTERED
Hold bridge position 20 sec	LEARNING
	MASTERED

10 bounces timed on cross more than 10 sec.	LEARNING
	MASTERED
Tuck jump and straddle jumps with press (kickout)	LEARNING
	MASTERED
Pike jumps with press (kickout)	LEARNING
	MASTERED
Seat drop to front drop to seat drop to feet (straight legs)	LEARNING
	MASTERED
Roller	LEARNING
	MASTERED
Back drop 1/2 turn to feet	LEARNING
	MASTERED
Jump 1/4 turn to front drop to feet	LEARNING
	MASTERED
Airplane (1/2 turn to front drop)	LEARNING
	MASTERED
Baby Cradle	LEARNING
	MASTERED
Straddle Jump, Seat drop, swivel hips, 1/2 turn to feet, tuck jump, front drop, to feet, pike jump, back drop to feet, controlled safety landing	LEARNING
	MASTERED

Tight stretched handstand with front against wall 45 sec	LEARNING
	MASTERED
Dive roll onto hip to chest high mats from spring board	LEARNING
	MASTERED
Backward roll to front support position down incline	LEARNING
	MASTERED
Kick to handstand fall to bridge - off box, over object or with spot	LEARNING
	MASTERED
Power hurdle or kick to handstand pop to flat back on safety mat	LEARNING
	MASTERED
Push to bridge kick over with feet on box	LEARNING
	MASTERED
Kick to handstand, hold 1-3 sec	LEARNING
	MASTERED
Aggressive jump to flat back for back handspring	LEARNING
	MASTERED
Roundoff off block	LEARNING
	MASTERED
Optional 4 or 5 skill routine	LEARNING
	MASTERED

Pike jump, straddle jump, controlled safety landing (Mounter Routine)	LEARNING
	MASTERED
Tuck jump, jump 1/2 turn, controlled safety landing (Mounter Routine)	LEARNING
	MASTERED
Any shape jump, jump 1/1 turn, controlled safety landing (Mounter Routine)	LEARNING
	MASTERED
Straight jump, straddle jump, jump 1/1 turn, controlled safety landing	LEARNING
	MASTERED
Straight jump, jump 1/1 turn, straight jump, controlled safety landing	LEARNING
	MASTERED
Straight jump, jump 1/1 turn, straddle jump, controlled safety landing	LEARNING
	MASTERED
Straight jump, straight jump, dive roll onto height off DMT or trampoline	LEARNING
	MASTERED