

East York Gymnastics Club

Trampoline



Name:

Class: (day & time)

Coach:

Level 1	
Stop bounce	
Tuck jump	
Star jump	
Pike jump	
Swan jump	
Seat drop	
Hand and knee drop	
Front drop (from push-up position)	
Back drop (from seat drop position)	
Jump 180°	
Routine	

Level 2	
How to jump (arm swing, pushing from toes)	
Back drop from standing	
Hand and knee drop to front drop 3x in a row	
Seat drop, half twist to feet (arms up on twist)	
Half twist to seat drop	
Swivel hips	
Jump 360° (arms wide for balance)	
Tuck jump, straddle jump, pike jump 3x in a row	
Seat drop, hand and knee drop, front drop	
Routine	

Level 3	
Back drop to feet, seat drop to feet 3x	
Front drop from feet 5x in a row	
Seat drop to front drop	
Jump 360° 3x in a row	
Donkey jump	
180° to hand and knee drop	
Front roll from feet	
Seat drop, sideways to hand and knee drop, sideways to seat drop	
Pike/straddle jump to horizontal	
Routine	

Session: Fall/Winter/Spring/Summer

*athletes are only eligible to move into the next level if they have no more than two missing skills

Year:

Completed Trampoline level:

Continuing to work towards completing Trampoline level: