

East York Gymnastics Club

Trampoline



Name:

Class: (day & time)

Coach:

Level 4	
5 back drops in a row from standing	
Half turn to hand and knee/front drop	
Seat drop cradle	
Jump 540°	
Needles (start in seat drop)	
Roller	
Jump 360° in straddle/tuck/pike	
Donkey kick (knee drop/handstand from standing)	
Hand and knee drop/front roll to back	
Backwards roll	
Front drop to seat drop	
Routine	

Level 5	
5 back drop/jumping	
Tuck jump 1/2 airplane to feet, 5x in a row	
Roller to back drop	
Back drop to hand and knee drop/front drop	
Seat/hand and knee drop/flip to seat	
Proper jumping technique	
Back drop from standing with big jump	
Front drop from standing with big jump	
Full airplane	
Drill- Tuck jump, back drop 1/2 to feet, (5x in a row)	
Routine	

Level 6	
Seat/hand and knee drop/flip to feet	
Back to front (straight)	
Cradle	
Cat twist	
Double tuck jump	
Back pullover (with spot)	
Front drop to back drop	
Timed 10 bounce	
Timed skills (seat/front/back/combinations)	
Donkey kick/drop to back and front	
3/4 front from standing	
Seat drop to handstand (from standing)	
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: