

East York Gymnastics Club

Trampoline



Name:

Class: (day & time)

Coach:

Level 7	
Front tuck	
Back pullover	
Front drop 1/4 to feet, 1/4 to front	
Front to Back (straight)	
Hand and knee drop, 3/4 front (slight stretch)	
Seat drop porpoise	
Jump to flatback (tuck/pike/straight)	
Straight body sets (with spot)	
Swivel hips (minimum 8)	
Routine	

Level 8	
Front pike	
Cruise	
Back tuck (with spot)	
3/4 front (small jump)	
Constant cat twist (minimum 4)	
Back pullover to seat drop	
Jump 720°	
Back drop full twist to feet	
Swan front drop	
Drill- 1/2 airplane to feet, back drop pullover to feet, tuck jump, 5x in a row	
Routine	

Level 9	
Barani (front tuck, land, 1/4 twist)	
Back tuck	
Back pullover to hand and knee drop/front	
3/4 front from small jump with slight stretch	
Front straight (open pike)	
Back drop, full turn to front drop (cradle full)	
Pullover to back drop	
Back drop to front drop fully stretched	
Porpoise	
Drill- Tuck jump, straight front drop to feet, 5x in a row	
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: