

# East York Gymnastics Club

## Trampoline



**Name:**

**Class:** (day & time)

**Coach:**

| Level 10  |  |
|---|--|
| Barani  |  |
| 3/4 front with swan stretch                                     |  |
| Back pike   |  |
| Hand and knee drop, front tuck to front drop                    |  |
| Corkscrew   |  |
| Double cat twist  |  |
| Pullover to front   |  |
| Back tuck to hand and knee drop                                 |  |
| Flatback, kaboom to back drop                                   |  |
| Handstand, front drop, kaboom to handstand                      |  |
| Cradle, back pullover   |  |
| Drill-Back tuck, seat drop, 1/2 to feet, tuck jump, 5x in a row |  |
| Routine   |  |

| Level 11  |  |
|---|--|
| Back straight   |  |
| Back tuck, tuck jump, back tuck                               |  |
| 3/4 front, porpoise   |  |
| 3/4 back (onto mat)   |  |
| Full airplane, back pullover                                  |  |
| Drill- Barani, seat drop, 1/2 to feet, tuck jump, 5x in a row |  |
| Back tuck with kickout (land arms at sides)                   |  |
| Barani tuck with kickout (land arms at sides)                 |  |
| Pullover to front, cruise                                     |  |
| Contest- Front tuck, tuck jump (minimum 4)                    |  |
| Routine   |  |

| Level 12                                    |  |
|---|--|
| 1 1/4 back tuck (onto mat)                  |  |
| Consecutive Porpoise (minimum 3)            |  |
| Barani, back tuck (spot back tuck)          |  |
| High back tuck, stop bounce                 |  |
| 3/4 back                                    |  |
| Pullover to front, 1/2 twist to flatback    |  |
| Arabian 3/4 front (hand spotted)            |  |
| Donkey kick, drop to back drop to handstand |  |
| Barani tuck, pike, straight                 |  |
| Consecutive pullovers                       |  |
| Back 1/2, see the bed then twist            |  |
| 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: