

East York Gymnastics Club

Trampoline



Name:

Class: (day & time)

Coach:

Level 13	
Back Pike with proper kick out	
1 1/4 Back to Pullover	
Drill– Back tuck, barani tuck, seat drop, 1/2 to feet, 5x in a row	
1/2 Airplane to spotters arms, walk through back full	
3/4 Front (with swan stretch), porpoise straight	
Full twisting 3/4 front	
3/4 back, 1/2 twist to flatback	
Pullover, 1/2 twist to feet	
Drill– Tuck jump, 3/4 front. 1/2 twist to feet, 5x in a row	
Straight in front tuck (start looks like a 3/4 front)	
Routine	

Level 14	
3/4 front, ballout	
Standing back tuck	
Front full	
Arabian 3/4 front, cradle	
1 1/4 Back to flatback	
Flatback, Kaboom, 1/2 to handstand	
Consecutive front tucks (minimum 3)	
Back Puck (open tuck)	
Pullover to flatback	
Front tuck to front drop (with pit)	
Single cat twist, double cat twist, 3x	
Routine	

Level 15	
Back full (spot as needed)	
1 1/4 Back tuck (from standing)	
Hand and knee drop, 1 3/4 front	
Front drop, cody kick to catch	
3/4 Front, ballout pucked	
Barani, 1 1/4 back tuck, pullover	
Consecutive double cat twists	
From standing, consecutive back tuck, barani (height building exercise)	
Front Pike to front drop	
Barani to hand and knee drop	
3/4 back, cruise	
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: