

Trampoline Gymnastics High Performance Coach (Cycle 5) Syllabus

Trampoline Skills:

Forward Somersaults (all performed in tucked and piked position)

Double front with $\frac{1}{2}$ twist out

Double front with $\frac{1}{2}$ twist in

Double front with 1/1 twist in and $\frac{1}{2}$ twist out

Double front with $\frac{1}{2}$ twist in and 1/1 twist out

Double front with $1\frac{1}{2}$ twist out

Double front initiated from the back

Backward Somersaults (all performed in tucked and piked position)

$\frac{1}{2}$ into $1\frac{3}{4}$ front

Double back with $\frac{1}{2}$ twist in and $\frac{1}{2}$ twist out

Double back with 1/1 twist out

Double back with 1/1 twist in

Linking Skills

Linking the skills within the Senior Club Coach and High Performance Coach syllabii without intermediate jump.

Construction of routines up to a tariff of 9.0

