



Development: Club I

Club I and Club H are designed to introduce the trampolinist to moves, combinations and routines which incorporate the basic principles required in all trampolining. Coaches are advised to focus on minimal rotation, good basic posture and body alignment, high straight jumping into all elements (developed progressively) and to develop the trampolinist's awareness of first contact, maximum depression and last contact in each jump.

The following moves and drills should be completed in the log book to a maximum deduction per skill of 0.2 *before* entry into Club I assessment.

It is suggested the completed, signed logbook be brought to Club I assessment.

Requirements must be completed as written. E.g. 'Arm set, 2 straight jumps x 5' is Arm set, 2 straight jumps, repeated consecutively 5 times. Complete all requirements in Section A.

Compulsory I

Jump (arm set)

Jump to seat landing

To feet

½ twist jump

Jump (straddled)

Full twist jump

Jump (piked)

½ twist jump

Jump (tucked)

Jump to front landing

To feet

Section A	** means ~ Jump (arm set)	No x	Date
10 jumps (straight) (<i>time of at least 10.2 seconds + 0.3s per year (up to 16)</i>)		1	
** 2 jumps (straight)		4	
** jump (straddled), **, full twist jump		4	
** jump (piked), **, ½ twist jump		4	
** jump to seat landing, to feet, straight jump, straight jump, ½ twist jump		2	
** jump to front landing		1	
** jump (tucked), **, jump to front landing, to feet		2	
** full twist jump, jump (piked), ½ twist jump, jump (tucked)		3	
(Jump to) Back landing, to feet starting from an arms up position		1	
½ twist to front landing		1	
Shape into and out of all seat landings (tucked, pike and straight shapes). These are carried out separately and not consecutively			
Compulsory I to travel >8.5; maintenance of height >95%		1	



Qualification to Club H

In order to progress to Club H a competitor should achieve the scores below on the Compulsory I routine at two assessments. The assessment may be made in the club or region. The voluntary routine at this level is a repeat compulsory.

The time qualification score for the compulsory routine is 9.2 seconds, plus 0.3 seconds for each year of age up to 16. Write your time qualification score in the space overleaf that should be up dated each year.

Achievements

Assessment Place , Date and Routine	Height maintain	Travel	Time	Form (2) rounds	Coach's signature
<i>Qualifying score</i>	<i>95%</i>	<i>9.0</i>		<i>45.0</i>	

Date Completed..... Signed

Name of Senior Coach/Judge