



# Trampoline Proficiency Award Record Sheet

Name \_\_\_\_\_ IGA Membership No. \_\_\_\_\_

### Level One

	<i>Date</i>	<i>Coach Signature</i>
Straight jump 5 times and stop		
Seat landing, to feet		
Half twist jump		
Straddle jump touching ankles		
Tuck jump touching the shins		
From hands and feet, fall to front landing, to feet		
On the mat, seat landing, to back landing		
Half Twist jump, straddle jump		

### Level Two

	<i>Date</i>	<i>Coach Signature</i>
Straight jump 10 times and stop		
Seat landing (straight), to feet		
Half twist jump (straight)		
Repeat; straddle jump touching ankles, 5 times		
Repeat; tuck jump touching the shins, 5 times		
From standing, front landing, to feet		
From standing, back landing, to seat landing, to feet		
Half Twist jump, straddle jump, seat landing, to feet		

### Level Three

	<i>Date</i>	<i>Coach Signature</i>
Pike jump touching ankles		
Repeat; seat landing, straight jump, 5 times		
Repeat; half twist jump, straight jump, 5 times		
Straddle jump with stretch and touching the ankles		
Tuck jump with stretch and touch shins		
From jumping, front landing, to feet		
From jumping, back landing, to feet		
Half twist, straddle jump, seat landing, to feet, half twist jump		

### Level Four

	<i>Date</i>	<i>Coach Signature</i>
Repeat; pike jump, straight jump, 5 times		
Full twist jump (straight)		
Pike jump with stretch and touching ankles		
Front landing (straight), to feet		
Back landing (straight), to feet		
Forward roll holding the ankles		
Forward roll with hands in the air		
Full twist, straddle jump, seat landing, to feet, half twist jump		





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### Level Five

	<i>Date</i>	<i>Coach Signature</i>
Half twist to seat landing, to feet		
Seat landing, half twist to feet		
Seat landing, half twist to seat landing (swivel hips)		
Front landing, to front landing, to feet		
Back landing, to back landing, to feet		
Front landing, half twist to seat landing, to feet		
Full twist to seat landing, to feet		
Full twist, straddle jump, seat landing, half twist to feet		

### Level Six

	<i>Date</i>	<i>Coach Signature</i>
Seat landing, full twist to feet		
Seat landing, full twist to seat landing (roller)		
Seat landing, to front landing, to feet		
Front landing, to seat landing, to feet		
Front landing, half twist to feet		
Back landing, half twist to feet		
Front landing, half twist to back landing		
Full twist routine up to and including move five		

### Level Seven

	<i>Date</i>	<i>Coach Signature</i>
Back landing, half twist to front landing		
Seat landing, half twist to front landing		
Back landing, full twist to seat landing		
Half twist to front landing, to feet		
Half twist to back landing, to feet		
Seat landing, full twist to back landing		
Seat landing, half twist to back landing		
Full twist routine up to and including move six		

### Level Eight

	<i>Date</i>	<i>Coach Signature</i>
Back landing, half twist to seat landing		
Front landing, full twist to feet		
Back landing, full twist to feet		
Front landing, full twist to front landing		
Back landing, full twist to back landing (cat twist)		
Full twist to front landing, to feet		
Full twist to back landing		
8. full twist routine up to and including move eight		





# Trampoline Proficiency Award Record Sheet

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## Level Nine

	<i>Date</i>	<i>Coach Signature</i>
Seat landing, full twist to front landing		
Front landing, full twist to seat landing		
Front landing, to back landing, to feet		
Back landing, to front landing, to feet		
Front landing, half twist to front landing (cruise)		
Back landing, half twist to back landing (cradle)		
3/4 front somersault to back landing, to feet		
Full twist routine up to and including move nine		

## Level Ten

	<i>Date</i>	<i>Coach Signature</i>
Back landing, pullover to feet		
Front somersault (tucked)		
Back somersault (tucked)		
Front landing, full twist to back landing		
Back landing, full twist to front landing		
Tuck jump, front somersault (tucked), straight jump		
Tuck jump, back somersault (tucked), straight jump		
Full twist routine		

