

Developmental Program

Level Descriptions/Coaching Certification Recommendations

<p>Learn to Train (Developmental)</p>	<p>Minimum NCCP Training: <i>Gymnastics Foundations (GF) Trampoline for Trampoline (TRA) & Double Mini Trampoline (DMT). When TRA and DMT are utilized at this level a GF Trampoline TRAINED coach must be supervised by L2 Trampoline CERTIFIED coach that is 18+ years of age. Coaches must be Gymnastics Foundations Artistic Gymnastics or Trampoline TRAINED for Tumbling (TUM) and must be supervised by a certified GF coach in respective discipline. Supervisor must be 18+ years of age.</i></p> <p>Tramp/DMT: <i>Basic non-inverted skills, routine building with emphasis on safety.</i></p> <p>Tumbling: <i>Basic skills including landings and safety up to roundoff. *If tumbling takes place on trampoline surface such as a web bed tumble track, coach must be supervised by a L2 Trampoline certified coach.</i></p> <p>Fundamentals: <i>Basic fundamental skills, landings and positions required in all 3 events (TRA, TUM, DMT).</i></p> <p>Physical Prep: <i>Easy and clear positions to develop a basic understanding of shapes and strength to encourage safe landings.</i></p>
<p>Training to Train (Provincial Stream)</p>	<p>Minimum NCCP Training: <i>L2 Trampoline (TRA & DMT & TUM) or C1/L2 Artistic (TUM) TRAINED. Trained coach must be supervised by L2 CERTIFIED coach in respective discipline. Supervisor must be 18+ years old.</i></p> <p>Tramp/DMT: <i>All basic flipping skills (forward, backward up to barani's) and simple routines with flipping skills as spotters and dismounts.</i></p> <p>Tumbling: <i>More advanced tumbling skills and routine combinations up to roundoff backhandspring.</i></p> <p>Physical Prep: <i>Introduction to more difficult strength and flexibility skills to help in building strength required for more difficult skills.</i></p>
<p>Train to Train cont. (Provincial Stream continuing)</p>	<p>Minimum NCCP Training: <i>L2 Trampoline (TRA & DMT & TUM) or C1/L2 Artistic (TUM) CERTIFIED.</i></p> <p>Tramp/DMT: <i>Skills with additional twisting/flipping and more advanced skill combinations and routines.</i></p> <p>Tumbling: <i>Multiple backhandsprings, whips, and saltos.</i></p> <p>Physical Prep: <i>Exercises to continue to build the strength and flexibility required to safely perform more advanced skills.</i></p>

