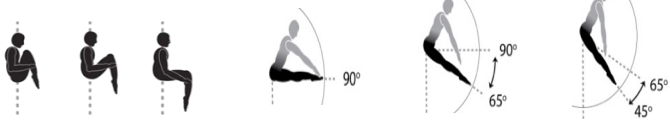
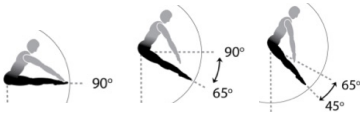


Alberta FAST - LEVEL 1 - Technical Preparation

NAME: _____ CLUB: _____		
F.A.S.T. Level 1	TRAMPOLINE	EVALUATION
	Routine 1 4 Bounces Arm Press Bounce Pike Jump Seat Drop 1/2 to Seat Drop To Feet Pike Jump Safety Landing	Complete: YES or NO Focus 1: Shapes -  90°  65°  45° Focus 2: Travel - No Travel Some Travel Lots of Travel
	Routine 2 4 Bounces Arm Press Bounce Front Drop To Feet Tuck Jump Straddle Jump Safety Landing	Complete: YES or NO Focus 1: Front Drop - Stretched Bent Travel FWD / BWD No Travel Focus 2: Shapes -  90°  65°  45°
F.A.S.T. Level 1	TUMBLING	EVALUATION
	Routine 1 Backward Roll Jump 1/2 turn Safety Land and Stand Forward Roll	Complete: YES or NO Focus 1: Backward Roll - Landing - Feet together / Feet Apart Focus 2: Jump 1/2 turn - Landing - Stuck Steps Hands Fall Focus 3: Forward Roll - Stand @ end - Without Hands / With Hands
	Routine 2 Step Cartwheel Step Back (feet together) Jump 1/2 turn Safety Land and Stand Step Handstand (step or roll down)	Complete: YES or NO Focus 1: Cartwheel – On line / Off line Focus 2: Jump 1/2 turn - Landing - Stuck Steps Hands Fall Focus 3: Handstand - Body Alignment - Vertical / Before vertical / Past Vertical
F.A.S.T. Level 1	DOUBLE MINI	EVALUATION
	Routine 1 Straight Jump Straight Jump Pike Jump	Complete: YES or NO Focus 1: Shape -  90°  65°  45° Focus 2: Landing - Stuck Steps Hands Fall
	Routine 2 Straight Jump Tuck Jump Straddle Jump	Complete: YES or NO Focus 1: Shapes -  90°  65°  45° Focus 2: Landing - Stuck Steps Hands Fall

Alberta FAST - LEVEL 2 - Technical Preparation

NAME: _____ CLUB: _____		
F.A.S.T. Level 2	TRAMPOLINE	EVALUATION
	<u>Routine 1</u> 4 Bounces Arm press Bounce Back Drop To Feet Tuck Jump Straddle Jump Pike Jump Safety Landing	Complete: YES or NO Focus 1: Back Drop - Line - Straight / Piked / Arched Travel - FWD / BWD / On Cross Focus 2: Shapes 
	<u>Routine 2</u> 4 Bounces Arm Press Bounce Seat Drop Tuck to Front Drop to Feet Safety Landing	Complete: YES or NO Focus 1: Seat Drop - Stretch Straight / Piked / Arched Focus 2: Tuck to Front Drop - Kickout / No Kickout
	4 Bounces Arm Press Bounce Front Drop Push to Seat Drop to Feet Safety Landing	Complete: YES or NO Focus 1: Front Drop - Body Alignment - Straight / Piked / Arched Focus 2: Travel - No Travel / FWD / BWD
F.A.S.T. Level 2	TUMBLING	EVALUATION
	<u>Routine 1</u> Handstand Fwd Roll (step out or 2 feet) Handstand Fwd Roll (2 foot finish) Jump 1/2 turn Safety Land and Stand BWD Roll to Feet (Tuck/Pike and Bent/Straight Arms)	Complete: YES or NO Focus 1: Handstand - Body Alignment -  Focus 2: Jump 1/2 turn - Landing - Stuck Steps Hands Fall Focus 3: Backward Roll - Landing - Feet Together / Feet Apart
	<u>Routine 2</u> Cartwheel Step Back (feet together) Jump 1/2 turn Safety Land and Stand Powerhurdle Roundoff Rebound	Complete: YES or NO Focus 1: Cartwheel - Legs - Straight / Bent Focus 2: Roundoff - On Line / Off Line Rebound - Dynamic / Not Connected / No Rebound
F.A.S.T. Level 2	DOUBLE MINI	EVALUATION
	<u>Routine 1</u> Straight Jump Pike Jump Pike Jump	Complete: YES or NO Focus 1: Shapes -  Focus 2: Landing - Stuck Steps Hands Fall
	<u>Routine 2</u> Straight Jump Tuck Jump 1/2 turn	Complete: YES or NO Focus 1: Shapes  1/2 Turn - Travel Straight / Travel Crooked Focus 2: Half Turn - Body Alignment - Straight / Piked / Arched Landing - Stuck / Steps / Hands / Fall

Alberta FAST - LEVEL 3 - Technical Preparation

NAME: _____ CLUB: _____		
F.A.S.T. Level 3	TRAMPOLINE	EVALUATION
	<u>Routine 1</u> 4 Bounces Arm Press Bounce Airplane To Feet Straddle Jump Front Drop To Feet Tuck Jump Seat Drop 1/2 to Feet Pike Jump 1/1 Turn Safety Landing	Complete: YES or NO Focus 1: Travel - No Travel / Some Travel / Lots of Travel Focus 2: Airplane - Body Alignment Straight / Piked / Arched
	<u>Routine 2</u> 4 Bounces Arm Press Bounce Back Drop To Front Drop To Feet (Optional Cradle) Safety Landing	Complete: YES or NO Focus 1: Back drop - Stretch/Line Straight / Piked / Arched Focus 2: Connection (between BD and FD) - Line Straight / Piked or Tucked / Arched
	4 Bounces Arm Press Bounce Front Drop To Back Drop To Feet (Optional Cruise) Safety Landing	Complete: YES or NO Focus 1: Front Drop - Stretch/Line Straight / Piked or Tucked / Arched Focus 2: Connection (between FD and BD) - Line Straight / Piked or Tucked / Arched
F.A.S.T. Level 3	TUMBLING	EVALUATION
	<u>Routine 1</u> Standing Backhandspring (down cheese/on floor)	Complete: YES or NO Focus 1: Line - Straight / Piked / Arched Focus 2: Dynamic (Rebounding off hands and feet) - Powerful / Slow / No Rebound
	<u>Routine 2</u> Run or Powerhurdle Roundoff Rebound to Back (On Porta Pit)	Complete: YES or NO Focus 1: Straight - On Line / Off Line Focus 2: Dynamic (Rebounding off hands and feet) - Powerful / Slow / No Rebound
F.A.S.T. Level 3	DOUBLE MINI	EVALUATION
	<u>Routine 1</u> Straight Jump 1/2 Turn Tuck Jump	Complete: YES or NO Focus 1: Shape -  Focus 2: Landing - Stuck Steps Hands Fall
	<u>Routine 2</u> Straight Jump Tuck Jump Front Tuck	Complete: YES or NO Focus 1: Shapes -   Focus 2: Landing - Stuck Steps Hands Fall

Alberta FAST - LEVEL 4 - Technical Preparation

NAME:		CLUB:	
F.A.S.T. Level 4	TRAMPOLINE	EVALUATION	
	<u>Routine 1</u> 4 Bounces Arm Press Bounce Pike Jump Seat Drop 1/2 to Seat Drop 1/2 to Feet Tuck Jump Front Drop to Feet Pike Jump Back Drop To Feet Safety Landing OR Outbounce Safety Landing	Complete: YES or NO Focus 1: Travel - No Travel / Some Travel / Lots of Travel Focus 2: Height - Time: _____ sec Focus 3: Landing - Stuck Steps Hands Fall	
	<u>Routine 2</u> 4 Bounces Arm Press Bounce Back Tuck or Back Straight Safety Landing	Complete: YES or NO Focus 1: Head - Neutral / Out Focus 2: Shape -	
	4 Bounces Arm Press Bounce Front Tuck or Tuck Barani Safety Landing	Complete: YES or NO Focus 1: Shape - Focus 2: Travel - No Travel / FWD / BWD	
F.A.S.T. Level 4	TUMBLING	EVALUATION	
	<u>Routine 1</u> Powerhurdle Roundoff Backhandspring Rebound to Back On Porta Pit	Complete: YES or NO Focus 1: Roundoff BHS - On Line / Off Line Focus 2: Dynamic (off hands and feet and to back) - Powerful / Slow / No Rebound	
	<u>Routine 2</u> Run Roundoff 2 or 3 Backhandsprings to a rebound	Complete: YES or NO Focus 1: Backhandsprings: Feet - Together / Apart Focus 2: Backhandsprings - Hands - Pointing FWD / Pointing In / Pointing Out	
F.A.S.T. Level 4	DOUBLE MINI	EVALUATION	
	<u>Routine 1</u> Straight Jump Pike Jump Front Pike	Complete: YES or NO Focus 1: Shapes - Focus 2: Landing - Stuck Steps Hands Fall	
	<u>Routine 2</u> Straight Jump Tuck Jump Front Pike or Tuck Barani	Complete: YES or NO Focus 1: Shapes - Focus 2: Landing - Stuck Steps Hands Fall	

F.A.S.T PHYSICAL TESTING SHEET



HOST: _____

Date: _____

NAME: _____

Club: _____

TRA- 10 Bounce: _____ Seconds

DMT- Timed Bounce: _____ Seconds

20M Sprint: _____ Seconds

Push-up: _____

Rope Climb: _____

Handstand Hold: _____

Pike Stretch: _____

Handstand Alignment: _____

Active Shoulders: _____

Long Jump: _____

Handstand Testing Sheet

"3" = Excellent "2" = Satisfactory "1" = Needs Improvement

	1 TOES POINTED	<u>3</u>	<u>2</u>	<u>1</u>
	2 LEGS STRAIGHT	<u>3</u>	<u>2</u>	<u>1</u>
	3 HIPS OPEN	<u>3</u>	<u>2</u>	<u>1</u>
	4 SHOULDERS STRETCHED	<u>3</u>	<u>2</u>	<u>1</u>
	5 HEAD IN- LINE	<u>3</u>	<u>2</u>	<u>1</u>
	6 ARMS STRAIGHT / HANDS FORWARD	<u>3</u>	<u>2</u>	<u>1</u>

30 SEC PERFECT HANDSTAND _____