

Trampoline	score	pts
1. Back drop up to "I" (toes push up to body flat)		
2. 5 x Knee drop toe cracker pike jump to feet		
3. Load/Unload 200C kick seat drop (elbow throw shrug)		
4. Load/Unload 201C to back (elbow throw shrug) (straight up)		
5. 5 x Doggy drop to Belly drop 1/2 twist to back (arms up by ears)		
6. 5 x swivel hips seat to seat (arms up and over through "I")		
7. 5 x swivel hips seat to feet (arms up and over through "I")		
8. Knee drop extension pike flip to seat		
<i>total</i>		

Dryboard	score	pts
1. Rock rythmn 200A (swing to grab on 5)		
2. Back "squat stop" (stretch, squat, hold)		
3. 2 Foot hop double bounce 100B (grab on DB release to touch)		
4. 201C (up down jump w/ elbow throw to shrug)		
5. 1 step hurdle, DB w/grab, armswing 2nd to grab 100A		
<i>total</i>		

Dry Tower	score	pts
1. 1 Step punch Fwd. Voluntary flip to back & hold pike		
2. Standing Fwd. Voluntary flip to back & hold pike		
3. 201C to back		
4. 301C to back		
5. 201B to back		
6. 301B to back		
7. Inward jump (ankle pop to mat) (elbows throw and stay high)		
<i>total</i>		

Drills & Conditioning	score	pts
1. Dive rolls		
2. Tuck sit on the beam (hold up)		
3. 10 x hanging tuck ups		
4. 10 sec bridge (legs straight)		
5. One minute tuck jumps		
6. Back press model drill		
7. Straddle rolls		
<i>total</i>		

Handstands	score	pts
1. Handstand forward roll		
2. Back extension roll		
3. Seal stretch to handstand		
4. Shoulder blocks		
5. Bounce to press handstand		
6. Hollow to arch rocks on pullup bar		
7. Handstand snap down rebounds		
<i>total</i>		



Coach Comments

Awards
Bronze: 0 - 53
Silver: 54 - 74
Gold: 75 - 89
Pass: 90 - 102

Scoring	
7.5 - 10	3 pts
5.0 - 7.0	2 pts
0.5 - 4.5	1 pts
incomplete	0 pts

Total Points		
Pass?	Y	N

Flexibility Rating	
S	U

Class Work Ethic	
S	U

Rules
Each skill is given 0-3 points. Skills are judged and awarded based on each participant's attitude, execution, and attention to detail. This testing system is used in combination with our "Man-Card System" to determine when each athlete is ready to move up within the team system. For more info or access to skills videos, please visit our website: www.wtxdive.com .