Trampoline	S	core	pts
1. 5 x 100A (elbow throw to shrug every other jump)			
2. 2 Bounce (grabbed) armswing 3rd off tramp up on to mat			
3. 5 x Pike seat drops (hands by hips on bottom up by ears on	top)		
4. 5 x Doggy drops back up to feet			
5. 5 x Doggy drop to Belly drop to feet (arms by ears on Belly o	drop)	
6. 5 x Knee drop toe cracker (hands behind head elbow throw	up)		
7. 5 x Back drop (head & shoulders touch together)			
	tot	tal	

Dryboard

1. 100A (up down jump w/ elbow throw to shrug)	
2. 100C (up down jump w/ elbow throw to shrug)	
3. 100C to kick seat drop (up down jump w/ elbow throw to shrug)	
4. 200A (up down jump w/ elbow throw to shrug)	
5. 200C (up down jump w/ elbow throw to shrug)	
6. 200C to kick seat drop (up down jump w/ elbow throw to shrug)	
7. 2 Foot hop 100A (start arms up, bend elbows & throw to shrug)	
total	

Dry Tower

1. 1 Step punch w/elbow throw 100A		
2. Inward jump (ankle pop to mat) (elbows throw and stay high)		
3. Inward jump wall touch (keep body flat ankles back hands up)		
4. 2 Part 200A and 300A (armswing full reach to "I")		
5. Back jump wall slide drill (w/ hand push back at the top)		
6. Back lineup fall to pit (hold flat on fall, hip push at the end)		
to	tal	

Drills & Conditioning

1. 5 x kneeling slow motion arm circles			
2. 5 x back tuck kick outs (kick, look, reach)			
3. Fwd rolls across the floor			
4. 15 sec back plank hip push with feet up on mat			
5. 5 x pushups			
6. 10 sec headstand with legs up			
7. Standing pike lineup model drill			
	to	tal	

Handstands

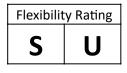
1. 20 sec forward armstand against the wall			
2. 20 sec back armstand against the wall			
3. 10 sec 7 position hold			
4. 5 x straddle toe rockers on Paralell bars			
5. 45 degree guillotine (10 seconds)			
6. 5 x pike hip ups			
7. straddle lifts edge of floor x5			
	tot	<u>tal</u>	

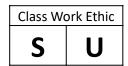
AQUATICS

Coach Comments

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

Total Points		
Pass?	V	NI
1 0 5 5 1	ľ	





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.