

Trampoline	score	pts
1. 10 x Armswing jumps every other bounce		
2. 6 x Alternating straight, tuck, pike		
3. 10 x Donkey kicks		
4. 5 x Knee drop toe cracker pike jump to seat back to feet		
5. 2 x Hold every other swing (grabbed hands) Pike seat drop 3rd		
6. Load/Unload 200A (elbow throw shrug) punch jump back to mat		
7. Back drop up to "I" (toes push up to body flat)		
<i>total</i>		

Dryboard		
1. 100C to kick seat drop (up down jump w/ elbow throw to shrug)		
2. 200C to kick seat drop (up down jump w/ elbow throw to shrug)		
3. 2 Foot hop double bounce 100A (hands grabbed on DB)		
4. Rock rythmn 100A (swing to grab on 5)		
5. Back pop lineup to back (watch distance and eyes)		
<i>total</i>		

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)		
7. "Chloe McKnight Drill"		
<i>total</i>		

Drills & Conditioning		
1. 8 x pushups		
2. 3 x alternating tuck/straight jumps		
3. 5 x headstand tuck pop outs (spot ok)		
4. 5 x armswing press slide out on the floor		
5. 4 x hollow/roll/hold front and back		
6. 5 x glute/Abs frisbee slide on back (hands on thighs)		
7. 5 x pike frisbee slides		
8. 5 x straddle frisbee slides		
<i>total</i>		

Handstands		
1. 7 position with alternating leg lifts x 4		
2. Backward roll to feet		
3. Press handstand against the box (spot ok)		
4. frog stand x 10 seconds		
5. inverted tuck jumps on wall x 5		
6. Backward press walks x 5		
7. 10 second headstand		
<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 .

Name/Team _____