Trampoline	sc	ore	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			
	to	tal	

# Dryboard

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		
total		

### **Dry Tower**

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)		
<u>to</u>	<u>tal</u>	

# Drills & Conditioning

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		
to	tal	

#### <u>totai</u>

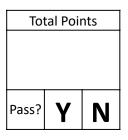
### **Handstands**

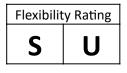
1. Back pike roll			
2. inverted straddle jumps x 5			
3. Seal stretch to handstand			
4. Shoulder blocks			
5. Bounce to press handstand			
6. Hollow to arch rocks on pullup bar			
7. Handstand hold x 15 sec- chest on green mat			
	<u>to</u> :	tal	

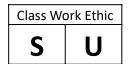
Coach	Comments

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	







#### 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.