

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

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

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

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

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		
<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 .