Trampoline

	score	pts
1. Back drop up to "I" Full twist (toes push up to body flat)		
2. Pike belly drop 101B (elbow throw shrug)		
3. Load/Unload 400A early swing to punch 102B		
4. Load/Unload 201C to back w/armswing		
5. Back drop to armstand backwards		
6. Back drop to armstand backwards to stomach		
7. Pike belly drop 101B Alt jump/swing (early arms drop on 3rd)		
8. Hold every other swing 202C on 3rd *total*		

Dryboard

1. Full back press to grab, tuck, back to grab		
2. 201C with armswing		
3. 301C with armswing		
4. 202C Full press		
5. 102C w/1 step hurdle (no 2nd swing)		
total		

Dry Tower

1. 1 Step punch Fwd. Optional flip to butt & hold "T" comeout		
2. Full Fwd. Approach		
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)		
total		

Drills & Conditioning

1. Squeeze squeeze "T" fall		
2. Pike rolls across the floor		
3. One minute wall sit		
4. 10 x hanging pike ups		
5. Back pike lateral comeout		
6. Hurdle drill model		
7. 10 x 6 inch to 90		
total		

Handstands

1. Handstand forward roll		
2. Back roll to plank posiition		
3. press handstand on wall- independantly		
4. Handsatand- alt tuck slides x3, full tuck slides x 3		
5. Handstand hold x 10 sec elbows on green mat		
6. 45 sec handstand belly against the wall		
7. 10 second handstand hold (1pt 0-2, 2pts 2-4, 3 pts 5 & up		
total		

Coach Comments

Awards

Bronze: 0 - 53

Silver: 51 - 71

Gold: 72 - 87

Pass: 88 - 99

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**.

COM AQUATICS

Name/Team_____