

Coach Comments

Trampoline

	score	pts
1. 203C to back		
2. 203B to back		
3. Back Cody		
4. 202A		
5. Front 1 3/4 to seat		
6. Back drop back 1 1/4		
7. 5221 to seat		
<i>total</i>		

Dryboard

1. 203C to back		
2. 402C		
3. Triple Jump Drill		
4. 2 to 1 Drill		
5. Full Hurdle		
<i>total</i>		

Dry Tower

1. 102C		
2. 202C		
3. 302C		
4. 402C		
5. Full Approach 102B (onto blue mats)		
<i>total</i>		

Drills & Conditioning

1. 15 x hanging pike ups		
2. 15 x hanging tuck pike outs		
3. 10 x pull ups		
4. 10 x straddle pushups (inverted)		
5. 10 x inverted pike ups		
6. Model 307C		
7. 30 second L sit on beam		
<i>total</i>		

Handstands

1. Tuck press handstand from knees		
2. Handstand walking x 10 feet good form		
3. Back roll to plank on elevated surface		
4. Straddle roll to press handstand		
5. Pike roll to Pike press		
6. Candlestick to straddle press handstand		
7. Handstand chicken pluckers x 5 each side		
<i>total</i>		



Awards
Bronze: 0 - 50
Silver: 51 - 71
Gold: 72 - 82
Pass: 83 - 93

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 .