

TRAMPOLINE AWARDS

Personal Achievement Chart Award 11



Name: _____

Age: _____

Date: _____

1	COMPULSORY	SIGNATURE	DATE PASSED
1	Front somersault piked		
2	Shaped jump, front somersault piked, half twist X3		
3	Back somersault tucked BSS (T)		
4	Back somersault tucked, Tuck jump x 5		
5	Back somersault tucked, seat landing		
6	Back somersault straight (or piked)		
7	Back somersault straight (or piked), Straddle jump X5		
8	Three quarter front somersault to back, half twist to feet, shaped jump X3		
9	Three quarter front somersault to back, to front landing		

2	BODY PREPERATION	SIGNATURE	DATE PASSED
1	<ul style="list-style-type: none"> ✓ Hold Crash Dive position for 10 seconds ✓ X20 Dorsal raises (Without stopping!) ✓ 30 X Leg raises 30 ✓ 20 X Crunches 		
2	With arms held up - Balance on one leg, do tuck, pike, straddle shapes with other leg, not touching ground X2 (Repeat for other leg)		
3	<ul style="list-style-type: none"> ✓ 10 consecutive tucks, straddles, pikes ✓ 10 back bounces ✓ 5 consecutive swivel hips with legs locked straight 		

3	OPTIONAL (Achieve any 4 out of 6)	SIGNATURE	DATE PASSED
1	Front landing, to back landing, to front landing, to back landing, to front landing		
2	Back pullover to front landing		
3	One and a half twist jump		
4	Seat landing, one and a half twist to feet		
5	Front landing, full twist to feet		
6	Cat twist		

4	ROUTINE	SIGNATURE	DATE PASSED
1	Back somersault straight (or piked) BSS (S) / BSS (P)		
2	Straddle Jump		
3	Back Somersault BSS (T)		
4	½ Twist to feet		
5	Tuck Jump		
6	Seat Landing		
7	½ twist to feet		
8	Full twist jump		
9	Pike jump		
10	Front somersault piked FSS (P)		

