



Development: Club H

CI and CH are designed to introduce the trampolinist to moves, combinations and routines which incorporate the basic principles required in all trampolining. Coaches are advised to focus on minimal rotation, good basic posture and body alignment, high straight jumping into all elements (developed progressively) and to develop the trampolinist's awareness of first contact, maximum depression and last contact in each jump.

The following should be completed in the log book to a maximum deduction per skill of 0.2 *before* entry into Club H assessment.

It is suggested the completed, signed logbook be brought to Club H assessment.

Requirements should be completed as written, e.g. when repeating a combination, repeat all the moves including the arm set in the exact order. Complete all requirements in Section A.

<p>Compulsory H <i>Jump (arm set)</i> Half twist jump Jump to front landing To feet Jump (piked) Half twist jump Jump (straddled) Jump to back landing To feet Jump (tucked) Full twist jump</p>
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Section A	** means ~ Jump (arm set)	No x	Date
10 jumps (straight) (<i>time of at least 10.8 seconds + 03 per year (up to 16)</i>)		1	
**jump (tucked), **, jump (piked), jump (arm set), jump (straddled)		2	
** ½ twist jump, jump to front landing, to feet, 2 jumps (straight)		2	
** ½ twist, jump (straddled), jump to back landing, to feet, 2 jumps (S)		2	
½ twist to front landing, to feet, (<i>starting from an arms up position</i>)		1	
** ½ twist to front landing		1	
Execute each shape into and out of front and back landings separately and not consecutively. Use tucked, piked and straight shapes (<i>all 9 combinations</i>)			
Compulsory H to travel >8.5; maintenance of height >95%		1	
Voluntary H to travel >8.5; maintenance of height >95%		1	

