

## **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.

## Compulsory H

Jump (arm set)

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

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

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## Qualification to Regional G

In order to progress to Regional G a competitor should achieve the scores below on the Compulsory H routine at two assessments. The assessment should be made in the club or region if offered by the region.

The time qualification score is 9.8 seconds, plus 0.3 seconds for each year of age up to age 16. Write the time qualification score in the space below.

The voluntary routine may include a maximum of two body landings and a maximum of one somersault.

## **Achievements**

Assessment Place, Date and Routine	Height maintain	Travel	Time	Form (2) rounds	Coach's signature
Qualifying score	95%	9.0		45.0	

Date Completed	Signed
Name of Senior Coach/	Judae

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