

TUMBLING

BEGINNER-ADVANCE

COACHING GUIDELINES

- Please be at work at least 30 minutes before the start of your class to review setup and check for makeups/ trials.
- Go to the bathroom before class and be ready to coach on time.
- You are required to wear a watch so keep track of time and station changes. YOUR PHONE DOES NOT COUNT.
- Engage when coaching & be hands on
- No standing with arms crossed or in pockets, no sitting unless you are spotting.
- No chewing gum.
- **NO PHONES WHILE COACHING.** First thing you do when you get to the gym is set your phone aside.
- Must give at least 2 weeks prior if possible for absences (unless its an emergency) and it is your responsibility to find a substitute.
- Dress code: Pride Shirt and appropriate shorts..
- Do not leave your class unattended, have someone watch them if you need to step away, EMERGENCY ONLY
- Learn names of kids and address them by name as quickly as you can.
- Talk to the parents after class if possible. It creates a bond that the parents appreciate.

SPOTTING

- Be prepared for their hands to slip or for them to let go.
- When spotting any sort of flip or roll, be sure the child's neck is protected.
- New skill development sequence should be:

-drills > squishy mat with spot > squishy mat with no spot > 8" > 4" > floor
Laser beam > low beam > middle beam > high beam

- Always spot squat on
- 8" under the bar and beam- must be correctly placed
- Set your stations to be able to spot with your good arm but being able to see all other stations

ROTATION SCHEDULE

- Be prepared for their hands to slip or for them to let go.
- When spotting any sort of flip or roll, be sure the child's neck is protected.

- CLASS TIME 55 MINUTES

1. WARM UP - 10 minutes max
2. STRENGTH # 1 - 10 minutes
3. STATIONS # 2 - 25 minutes
4. TRAMPOLINE # 3 - 10 minutes

Theme Week

- All Classes- Strength Training, Themed Games & Trampoline

Theme Weeks

Every other month will have a theme.

- January winter wonderland
 - March spring
- May closed memorial week
 - September Fall
 - November candy

WARM UP

1. Arm Circles (8 Counts)
 - Forward
 - Backward
 - Criss cross
 - Side to side
2. Standing Pike
3. Standing Straddle
 - Right
 - Left
 - Middle
4. Sitting Straddle
 - Right
 - Left
 - Middle
5. Sitting Pike
6. Skin the cat
7. Butterfly
8. Ankle Rolls (8x each direction)
9. Wrist stretches
10. Splits (both legs)
 - Lunge forward
 - Short Split
 - Full Split
 - Middle Split
11. Bridge (Kick over if able)
 - Rock- N- Roll

SKILL LIST

Beginner

- Roll: forward + backwards
- Headstand
- Handstand
- Cartwheel
- cartwheel + cartwheel
- Roundoff
- Back limber
- Front limber
- Dive Roll

Trampoline

- Straight Jump
- Straight Jumps full
- Seat Drop
- Doggy Drop
- straight jump into foam pit

Intermediate

- Handstand roll
- Forward roll + cartwheel step in + backward roll
- Back walk over
- Front walk over
- Round Off
- Round Off rebound
- Front handspring Step out
- Spotted BHS
- Front tuck- Springboard

Trampoline:

- Front Flips
- Seat Drop Half- Turn
- Stomach Drop
- Back Drop
- Front Tuck
- Front tuck into Foam pit

Advance

- Front tuck (no springboard)
- front pike
- Round off BHS
- back tucks
- round off back tuck
- round off BHS back tuck
- Multiple BHS
- development of lay out
- Front handspring
- development of FHS + front tuck

Trampoline:

:

- barani
- back tuck
- double front into Foam Pit
- Ball out
- arabian

MONTHS 1-2

August & September

- WEEK #1- ODD WEEK (8/5- 8/10)
- WEEK #2- EVEN WEEK (8/12- 8/17)
- WEEK #3- ODD WEEK (8/19- 8/24)
- WEEK #4- EVEN WEEK (8/26- 8/31)
- WEEK #5- ODD WEEK (9/2- 9/7)
- WEEK #6- EVEN WEEK (9/9- 9/14)
- WEEK #7- ODD WEEK (9/16- 9/21)
- WEEK #8- THEME WEEK (9/23- 9/28)

STRENGTH

BEGINNER

30 sec jumping jacks 20 sec rest
30 sec straight jumps 20 sec rest
30 sec squat jumps
10x push ups
2x Rope climb
10x hallow crunches
10x superman rocks + 10 sec hold
10sec min handstand hold

INTERMEDIATE

45 sec jumping jacks 15 sec rest
45 sec straight jumps 15 sec rest
45 sec squat jumps
20x push ups
2x Rope climb
20x hallow crunches
20x superman rocks + 20 sec hold
20sec min handstand hold

ADVANCE

1 min jumping jacks 10sec rest
1 min straight jumps 10sec rest
1 min squat jumps
30x push ups
2x Rope climb
30x hallow crunches
30x superman rocks + 30 sec hold
30sec handstand hold

BEGINNER

1. Donkey Kicks- panel mat
2. Headstand- pacman
3. forward roll- cheese mat
4. backward roll- cheese mat
5. cartwheel- one side of panel mat to other
6. Bridge hold with panel mat
7. Hurdle position- big block
8. Lunge position

INTERMEDIATE

1. Back Limber
2. Handstand
3. Front limber- up to 8"
4. cartwheel Step in- "7"
5. Round Off- panel mat
6. Jumping tech- whale mat
7. Dive roll- Springboard +3x8"
8. Hurdle position- block
9. Hurdle- Bacon
10. Lunge position

ADVANCE

1. Run +Hurdle + Run
2. T- trainer rebound BHS
3. Standing BHS- bacon mat
4. Hurdle Roundoff + BHS- Springboard + bacon mat
5. Round off + rebound + stack- cheese mat
6. Round off + BHS- panel mat +8"
7. jump back + tuck to back- whale mat
8. Front walkover- up to panel mat
9. Standing front flip into foam pit

TRAMPOLINE

BEGINNER

Straight jump
Tuck Jump
Pike jump
Straddle Jump
Seat drop
Knee drop

INTERMEDIATE

Straight jump
Tuck Jump
Pike jump
Straddle Jump
Seat drop
doggy drop
straight jump ½ turn

ADVANCE

Straight jump
Tuck Jump
Pike jump
Straddle Jump
Seat drop + 1/2
Knee drop
back drop
straight jump full turn
straight jump into foam pit
stomach drop

This month everyone has same basics. Coaches make sure you use these months to clean up skills.

MONTHS 3-4

October &
November

- WEEK #1- ODD WEEK (9/30- 10/5)
- WEEK #2- EVEN WEEK (10/ 7- 10/12)
- WEEK #3- ODD WEEK (10/14- 10/19)
- WEEK #4- EVEN WEEK (10/21- 10/26)
- WEEK #5- ODD WEEK (10/28- 11/2)
- WEEK # 6- EVEN WEEK (11/4- 11/9)
- WEEK #7- ODD WEEK (11/11- 11/16)
- WEEK #8- EVEN WEEK (11/18- 11/23)
- WEEK #9- THEME WEEK (11/25- 11/30)

STRENGTH

BEGINNER

30 sec straight jumps 20 sec rest
30 sec tuck jumps 20 sec rest
30 mountain Climbers
15x push ups
2x Rope climb
10x V-ups
10x upside down Arch ups
20sec min handstand hold

INTERMEDIATE

45 sec straight jumps 15 sec rest
45 sec tuck jumps 15 sec rest
45 sec mountain Climbers
30x push ups
2x Rope climb
20x V- ups
20x upside down Arch ups
30sec min handstand hold

ADVANCE

1 min straight jumps 10sec rest
1 min tuck jumps 10sec rest
1 min mountain climbers
15x HS push ups
2x Rope climb
30x V-ups
30x Upside down Arch ups
1 min handstand hold

BEGINNER

1. Handstand- panel mat
2. Headstand- pacman
3. forward roll- small red cheese mat
4. backward roll- cheese mat
5. cartwheel- panel + mailbox
6. Back limber- 8" spotted
7. Hurdle position- big block
8. Lunge position

INTERMEDIATE

1. Back Limber kickover
2. Front limber
3. Handstand Roll- small red cheese mat
4. Round Off- panel mat
5. Round Off + fall back- cheese + 2x8"
6. Jumping tech- whale mat
7. Dive roll- Springboard + whale mat
8. Tight arch position- wall + spot

ADVANCE

1. Front tuck - springboard +3x8"
2. round off rebound- into foam pit
3. snap down + straight jump- T trainer + foam pit
4. spotted back tuck into foam pit
5. round off BHS BHS- panel + 2x8"
6. round off BHS- no mat
7. Front handspring step out- hands on line

TRAMPOLINE

BEGINNER

Straight jump
Tuck Jump
Pike jump
Straddle Jump
Seat drop
Knee drop
Straight jumps 1/2

INTERMEDIATE

Straight jump
Tuck Jump
Pike jump
Straddle Jump
Seat drop +1/2
doggy drop
straight jump full turn
standing front tuck into foam pit

ADVANCE

Straight jump
Tuck Jump
Pike jump
Straddle Jump
Seat drop + 1/2 + seat drop
back drop + stomach drop
straight jump full turn (twist intro)
front tuck into foam pit
standing front tuck
BHS

MONTHS 5-6

December & January

- WEEK #1- ODD WEEK (12/2- 12/7)
- WEEK #2- EVEN WEEK (12/9- 12/14)
- WEEK #3- ODD WEEK (12/16- 12/20)
- WEEK #4- EVEN WEEK (12/25- 12/ 28)
- WEEK #5- ODD WEEK (12/30 - 1/4)
- WEEK # 6- EVEN WEEK (1/ 6- 1/11)
- WEEK #7- FIRST ½ EVALUATION WEEK (1/13- 1/18)
- WEEK #8- SECOND ½ EVALUATION WEEK (1/20- 1/25)
- WEEK #9- THEME WEEK (1/27- 2/1)

STRENGTH

BEGINNER

30 sec jumping jacks 20 sec rest
30 sec straight jumps 20 sec rest
30 sec squat jumps
10x push ups
2x Rope climb
10x hallow crunches
10x superman rocks + 10 sec hold
10sec min handstand hold

INTERMEDIATE

45 sec jumping jacks 15 sec rest
45 sec straight jumps 15 sec rest
45 sec squat jumps
20x push ups
2x Rope climb
20x hallow crunches
20x superman rocks + 20 sec hold
20sec min handstand hold

ADVANCE

1 min jumping jacks 10sec rest
1 min straight jumps + 10sec rest
1 min squat jumps
30x push ups
2x Rope climb
30x hallow crunches
30x superman rocks + 30 sec hold
30sec min handstand hold

BEGINNER

1. Lunge Handstand- panel mat
2. Headstand- pacman
3. forward roll- Bacon mat
4. backward roll- small red cheese mat
5. cartwheel- panel + mailbox
6. Back limber- 8"
7. Front limber- panel mat + spotted
8. Hurdle position- jump over bacon mat

INTERMEDIATE

1. Leg in front Back Limber kickover- 4''
2. Single leg Front limber
3. Handstand roll
4. Hurdle + Round Off- panel mat
5. Round Off + rebound- cheese + whale
6. Jumping tech- whale mat
7. BHS to stomach- boulder
8. Dive roll- Springboard + whale mat + cheese

ADVANCE

1. Front tuck - 2x8"
2. Round off BHS +BHS +BHS- panel + 2x8"
3. round off + back tuck- into foam pit + spotted
4. snap down + back tuck- T trainer + foam pit -spotted
5. spotted back tuck into foam pit
6. round off BHS- rebound up to stack- 2x8"
7. Front handspring

TRAMPOLINE

BEGINNER

Straight jump
Tuck Jump
Pike jump
Straddle Jump
Seat drop
Knee drop
Straight jumps 1/2

INTERMEDIATE

Straight jump
Tuck Jump
Pike jump
Straddle Jump
Seat drop +1/2
doggy drop
stomach drop
straight jump full turn
standing front tuck

ADVANCE

Pike jump
Seat drop + 1/2 + stomach drop
stomach drop + back drop + flip to feet
straight jump full turn (twist intro)
front tuck into foam pit
over flip front tuck
BHS
standing back tuck into foam pit

MONTHS 7-8

February & March

- WEEK #1- ODD WEEK (2/3- 2/8)
- WEEK #2- EVEN WEEK (2/10- 2/15)
- WEEK #3- ODD WEEK (2/17- 2/ 22)
- WEEK #4- EVEN WEEK (2/24- 3/1)
- WEEK #5- ODD WEEK (3/3- 3/8)
- WEEK #6- EVEN WEEK (3/10- 3/ 15)
- WEEK #7- ODD WEEK (3/17- 3/22)
- WEEK #8- THEME WEEK (3/24- 3/29)

STRENGTH

BEGINNER

30 sec mountain climbers + 30 sec
shoulder taps
30 sec hollow hold
30 sec arch hold
30 sec sec wall sit
30 sec HS hold
Rope climb

INTERMEDIATE

45 sec mountain climbers + 45 sec shoulder taps
45 sec hollow hold
45 sec arch hold
45 sec sec wall sit
45 sec HS hold
Rope climb

ADVANCE

1 min mountain climbers + 1min shoulder taps
1 min hollow hold
1 min arch hold
1 min sec wall sit
1 min 15 sec HS hold
Rope climb

BEGINNER

1. Lunge Handstand
2. Headstand
3. forward roll- Bacon mat
4. backward roll- Bacon mat
5. Dive Roll- Springboard+ Cheese mat
6. cartwheel- between blocks
7. Back limber- 4"
8. Front limber- panel mat
9. Hurdle position- jump over bacon mat

INTERMEDIATE

1. Back walk over- 8''
2. Front walk over- panel mat + spotted
3. Handstand Roll
4. Forward roll + cartwheel step in + backward roll- small red cheese
5. Hurdle + Round Off- bacon mat
6. Round Off + rebound- cheese + whale
7. Jumping tech- whale mat
8. BHS to stomach- boulder
9. Front tuck- Springboard + 2x8''

ADVANCE

1. Front tuck
2. Round off BHS +BHS+BHS
3. Standing back tucks off- block + pit pillow- spotted
4. round off rebound up to mat stack
5. round off + BHS + rebound up to stack- 2x8"
6. Front handspring + rebound

TRAMPOLINE

BEGINNER

Straight jump
Tuck Jump
Pike jump
Straddle Jump
Seat drop
Knee drop
Straight jumps 1/2

INTERMEDIATE

Straight jump
Tuck Jump
Pike jump
Straddle Jump
Seat drop +1/2
stomach drop
straight jump full turn
standing front tuck
straight jump into foam pit

ADVANCE

Pike jump
Seat drop + 1/2 + stomach drop + front tuck
stomach drop + back drop + flip to feet
straight jump full turn (twist intro)
double front into foam pit
Boulder
BHS
standing back tuck
ballout

MONTHS 9-10

April & May

- WEEK #1- ODD WEEK (3/31- 4/5)
- WEEK #2- EVEN WEEK (4/7- 4/12)
- WEEK #3- ODD WEEK (4/14- 4/19)
- WEEK #4- EVEN WEEK (4/21- 4/26)
- WEEK #5- ODD WEEK (4/28- 5/3)
- WEEK #6- EVEN WEEK (5/5- 5/10)
- WEEK #7- ODD WEEK (5/12- 5/17)
- WEEK #8- EVEN WEEK (5/19- 5/24)
- WEEK #9- CLOSED MEMORIAL WEEK (5/26- 5/31)

STRENGTH

BEGINNER

2x 10 push ups
2x 10 v-ups
2x 10 arch ups with a 10 sec hold
30 min sec wall sit
45 sec HS hold
Rope climb

INTERMEDIATE

2x 15 push ups
2x 15 v-ups
2x 15 arch ups with a 15 sec hold
45 min sec wall sit
1 min HS hold
Rope climb

ADVANCE

2x 20 push ups
2x 20 v-ups
2x 20 arch ups with a 20 sec hold
1 min sec wall sit
1 min 30 sec HS hold
Rope climb

BEGINNER

1. Lunge Handstand
2. Headstand
3. forward roll- Bacon mat
4. backward roll- Bacon mat
5. Dive Roll- Springboard + 8" +cheese mat
6. cartwheel + cartwheel
7. Round off- short panel mat
8. Back limber
9. Front limber- small panel mat
10. Hurdle position- jump over bacon mat

INTERMEDIATE

1. Back walk over- 4''
2. Front walk over- panel mat
3. Handstand Roll
4. Forward roll + cartwheel step in + backward roll
5. Hurdle + Round Off- From power hurdle + between blocks
6. Round Off + rebound- 3x8''
7. Shoulder rocks- panel mat
8. Spotted BHS to stomach - 8'' + bacon mat
9. Front tuck- Springboard + 3x8''

ADVANCE

1. Front tuck
2. Front pike
3. Round off BHS + BHS +BHS
4. Standing back tucks off panel mat- slowly remove folds
5. round off back tuck
6. round off BHS rebound up to stack- 3x8''
7. Round off BHS + candlestick- whale mat
8. Front handspring + rebound- 8''

TRAMPOLINE

BEGINNER

Straight jump
Tuck Jump
Pike jump
Straddle Jump
Seat drop
Knee drop
Straight jumps 1/2

INTERMEDIATE

Straight jump
Tuck Jump
Pike jump
Straddle Jump
Seat drop + 1/2 + seat drop
stomach drop
straight jump full turn
standing front tuck
back drop
straight jump into foam pit

ADVANCE

Pike jump
Seat drop + 1/2 + stomach drop + front tuck
stomach drop + back drop + flip to feet
straight jump full turn (twist intro)
double front into foam pit
Boulder + front tuck
BHS
standing back tuck
ballout
arabian intro

MONTHS 11-12

June & July

- WEEK #1- ODD WEEK (6/2- 6/7)
- WEEK #2- EVEN WEEK (6/9- 6/14)
- WEEK #3- ODD WEEK (6/16- 6/21)
- WEEK #4- EVEN WEEK (6/23- 6/28)
- WEEK #5- ODD WEEK (6/30- 7/5)
- WEEK # 6- REVIEW SHOWCASE WEEK #1 (7/7- 7/12)
- WEEK #7- SHOWCASE WEEK (7/14- 7/19)
- WEEK #8- EVALUATION WEEK #1 (7/21- 7/26)
- WEEK #9- EVALUATION WEEK #2(7/28- 8/2)

STRENGTH

BEGINNER

Do two laps of the core conditioning
10 seconds each exercise (try not
to stop between exercises):

- hollow hold
- hollow rocks
- v-ups
- Hollow hold

Other exercises:

Mats slides (if mats are available)
Rope climb
45 sec handstand hold
30 sec Squat jumps

INTERMEDIATE

Do two laps of the core conditioning
20 seconds each exercise (try not
to stop between exercises):

- hollow hold
- hollow rocks
- v-ups
- Hollow hold

Other exercises:

Mats slides (if mats are available)
Rope climb
1 min handstand hold
45 sec Squat jumps

ADVANCE

Do two laps of the core conditioning 30
seconds each exercise (try not to stop
between exercises):

- hollow hold
- hollow rocks
- v-ups
- Hollow hold

Other exercises:

Mats slides (if mats are available)
Rope climb (climb as far as possible
without feet and finish the rest with feet)
1 min handstand holds against the wall
1 min Squat jumps

BEGINNER

1. Lunge Handstand
2. Headstand
3. forward roll
4. backward roll
5. Dive Roll- Springboard + cheese mat + mailbox
6. cartwheel
7. Power hurdle Round off- short panel mat
8. Back limber
9. Front limber

INTERMEDIATE

1. Back walk over
2. Front walk over
3. Handstand Roll
4. Forward Roll + cartwheel step in + Straight arm Backward Roll
5. Round Off- From power hurdle
6. Round Off rebound- Whale mat
7. Front handspring Step out
8. Spotted BHS- 8"
9. Front tuck- Springboard +8"

ADVANCE

1. Front tuck
2. Front pike
3. Round off BHS + BHS + BHS
4. Standing back tucks
5. Round off back tuck- 4"
6. Round off BHS back tuck- 4"
7. Development of layout- candlestick
8. Front handspring FHS + Front tuck- Foam pit

TRAMPOLINE

BEGINNER

Straight jump
Tuck Jump
Pike jump
Straddle Jump
Seat drop
Knee drop
Straight jumps 1/2

INTERMEDIATE

Straight jump
Tuck Jump
Pike jump
Straddle Jump
Seat drop + $\frac{1}{2}$ + stomach drop
straight jump full turn
standing front tuck
back drop
front tuck into foam pit

ADVANCE

Pike jump
Seat drop + $\frac{1}{2}$ + stomach drop + front tuck
stomach drop + back drop + flip to feet
straight jump full turn (twist intro)
double front into foam pit
Bouncer + front tuck
BHS
standing back tuck
ballout
arabian