

Instructions for PA Freestyle Trampoline Checklist.

The following are the instructions that are to be followed when you receive the PA FREESTYLE Trampoline Checklist. It has the DO's and DON'Ts that are expected from you, the serious athlete, for preparation to complete the checklist and move towards invert practice into the airbag.

The pre-requisites for the Trampoline Checklist are that you already have good skiing and jumping skills on snow. This means that you can ski into and away from a jump. It also means you have good take-offs, high amplitude and control with straight air, upright tricks, 360 and 540 spins. The **DO's** and **DON'Ts**:

**DO** understand the Pre-requisites. Work with your skiing/jumping coach to have mastered high amplitude tricks on snow including straight air, 360 and 540. It will be the coach's discretion to advance you to the invert path starting with trampoline.

**DO** obtain good trampoline training from a qualified trampoline coach. Your local gymnastics facility is a great place for trampoline coaching. Also, PAFREESTYLE has trampoline coaches on staff and has also partnered with Steel City Parkour and GYMSPORT.

**DO** take the Trampoline Checklist along with the Reference Videos to your trampoline coach to master each maneuver on the checklist.

**DO** understand that your first invert at the airbag will be FRONT FLIP. Therefore, trampoline training and video submission/review starts with the FRONT FLIP maneuvers. However, it is recommended to practice and master all other maneuvers on the Trampoline Checklist and get your videos reviewed for feedback.

**DO** understand that ALL Trampoline Checklist maneuvers are to be mastered and reviewed for that particular inverted trick, do not skip any. For example, there are nine (9) Front Flip Trampoline Checklist maneuvers for the FRONT FLIP trick.

**DO** understand that trampoline work is to be practiced and completed in the summer and fall months prior to the season so that you are prepared when the airbag is available!

**DO** understand that your trampoline skills will be reviewed and graded by the quality of amplitude, air awareness, control and spotting. Expect terms like Poor, Fair, Good, Excellent as well as Basic, Advanced, Mastered to be part of your review. It will be the coach's discretion if you are ready to invert that trick into the airbag.

**DON'T** expect to have your trampoline videos reviewed in the days just before or during airbag setup. It stresses you and the coaches. Again, your trampoline work must be done prior to the season.

**DON'T** expect that your backyard trampoline or local tumble track has the adequate bounce for your video. Your Trampoline Videos must be performed with high amplitude. This is important so that you can demonstrate air awareness, control and spotting.

**And Lastly...**

**DO** understand that we take the invert process seriously and expect you do the same by being a serious athlete. This process is designed to make you a better athlete starting at the fundamental levels.

**DON'T** expect that you can shortcut this process in any way because you are “doing it anyway”. This is not the acceptable path to inverting with PAFREESTYLE. Again, we expect you to be the serious athlete. Work through the fundamentals with good practice and good coaching. In the end you will have more tricks at higher amplitude and better scores!

We hope that these instructions to the Trampoline Checklist explain what is expected from you as an athlete in PAFREESTYLE. If you have any questions or concerns, please do not hesitate to reach out to your coach or program director.