



The What it is to be part of the Trampoline Journey

- 1) A Trampoline Preliminary Session – These sessions are an hour a week and have a mixture of participants varying in ages and ability levels. There could be complete beginners, up to people completing front and back somersaults. Some people within the groups will take part in competitions whereas others are happier to progress through skills and different exercises. These sessions are designed to help people work out what pathway they would like to take within their trampoline journey.

We believe at this level there is lots of room for both people who want to compete and others who would not like to take part in that side. We will support the people who wish to compete in their journey and give them all the guidance in making this happen as well as supporting the ones who don't feel ready for competitions yet.

All sessions are run by qualified staff members who are also taught, how to identify talented people and offer advice for future decisions within the sport.

- 2) A Competitive Trampoline Squad – These squads are all designed to house purely people who wish to compete. They are twice a week for 90 minutes each. The emphasis within the squads is to not only help people progress through the skills and to perfect competition exercises but also start the process of learning about and completing other factors that make up the sport like strength and conditioning, target setting and diary taking. Competitions will be a compulsory in these squads and the correct attitude towards this will need to be had. All Squads are run by qualified staff members who not only talent identify but can also guide our athletes through the competition journey.
- 3) A Development Competitive Trampoline Squad – There are two options within this pathway, Our Youth Development (6 to 10 years) and our Junior Development (8 to 16 years) These two squads are mainly designed to give specifically identified athletes the chance to try and accelerate their learning through a much greater and focused emphasis on the elements that will make up a great trampoline gymnast.

The Youth Development squad train twice a week for 90 minutes each. The Junior Development squad train 3 times a week for 90 minutes each. Alongside athletes taking part in the actual trampoline activity, other factors such as strength and conditioning, target setting and diary taking will all be expected and as they get older and more knowledge and understanding comes in, more expectation behind these areas will become apparent.

The Youth level will be more about teaching the understanding and relevance and basic premise of the idea. The Junior Squad will expand on this and as bodies and minds grow, work with the athletes to help them really appreciate the whole process alongside what happens on the trampoline. The Youth Development Squad entry skill levels tend to be strong front and back landings and a good rhythm and timing to putting skills together. The Junior Development Squad will look for strong performances at the Regional Levels with a confident well executed set of Back and Front somersaults and Baranis.

The Development Squads have certain levels of expectation around attitude, performance, work rate etc and there may be movement between normal squads to



development ones and back again based on individual situations in question. It is from our Junior Development squad where most elite squad members will come from. Both squads will have technical criteria and personal attributes we look for to join which may change based on the national structure each year.

- 4) The Elite Trampoline Squad – This squad will house the athletes considered ready to take part in the British Structure and have been identified as hard workers with good attitudes and willing to fully commit to the whole process of being an athlete. The Elite Squad train 5 times a week for 90 mins each. There are technical criteria for inclusion, that may change year by year based on the National Structure. The levels of extra activities such as strength and conditioning, target setting and diary taking will be of high standards to help the participants cope with the workload of not only competing but staying competitive.

This squad will be continuously reviewed to make sure participants are keeping up to standard and showing the qualities we look for. There will be a fair amount of travelling around the country, competing within this squad and we have a high expectation of performance, attitude and work rate.

What it is to be part of the DMT (Double-Mini Trampoline) Journey

- 1) The Beginner level DMT Session – DMT is an off shoot of Trampoline and in most situations, participants would have had a good knowledge and experience of trampoline or gymnastics first. Any athlete wishing to take part in DMT should be confident, happy to run and feel they are powerful enough to mount a piece of apparatus from a running start. This session is an hour in length and will look to build peoples experiences with DMT and get them competing in a club level environment, looking to build into the regional circuit. Competing is a compulsory within this group. Strength and Conditioning, Target Setting and Diary Taking will be a factor but in smaller levels.
- 2) The Intermediate level DMT Squad – After building their experience within the Beginner Session, there can be an opportunity to advance to the Intermediate Session, which trains twice a week for 90 minutes each. All athletes will be expected to compete and thrive within the regional system. Moving into this squad will have criteria's revolving around being able to be competitive within the first level of the regional system. Strength and Conditioning, Target Setting and Diary Taking will be a factor and will start to increase in importance and load alongside the actual technical work.
- 3) The Elite level DMT Squad – This squad train 3 times a week for 90 minutes each. This squad will house people in the higher ends of the regional system and people taking part within the National Structure. There will be specific criteria for people moving into this squad and there may also be movement back and forth due to changing national structures between years. We would expect people within this group to have high levels of drive, determination and a great attitude to sustain the standards needed to progress within DMT.

What it is to be part of the Tumble Journey

- 1) The Beginner level TUM Session – Participants should have a good knowledge and experience of gymnastics. Being confident with forward and backward rolls,



cartwheels and handstands. Any athlete wishing to take part in tumble should be confident, powerful and happy going backwards. This session is an hour long and will look to build peoples experiences with tumble and get them competing in a club level environment, looking to build into the regional circuit. Competing is compulsory within this group. Strength and Conditioning and Target Setting will be a factor but in smaller levels.

- 2) The Intermediate TUM Squad – Building from their experience within the Beginner Session, there is opportunity to advance to the Intermediate Squad, which train twice a week for 90 minutes each. All athletes will be expected to compete and thrive within the regional system. Moving into this squad will have criteria's revolving around being able to be competitive within the first level of the regional system. Strength and Conditioning, Target Setting and Diary Taking will be a factor and will start to increase in importance and load alongside the actual technical work.
- 3) The Elite TUM Squad - This squad train 3 times a week for 90 minutes each. This squad will house people in the higher ends of the regional system and people taking part within the National Structure. There will be specific criteria for people moving into this squad and there may also be movement back and forth due to changing national structures between years. We would expect people within this group to have high levels of drive, determination and a great attitude to sustain the standards needed to progress within tumble.