

LEVEL 3 TECHNICAL MODULES AVAILABLE FOR TRAMPOLINING

MODULE 1 : 1 ¼ SOMERSAULTS TO AND FROM BODY LANDINGS

MODULE 2 : SINGLE SOMERSAULTS WITH TWIST AND BALLOUT RUDI

MODULE 3 : 1 ¾ FRONT SOMERSAULT AND COACHING COMPETITORS

MODULE 4 : HALF OUT AND DOUBLE BACK SOMERSAULTS

COURSE SCHEDULE:

MODULE 1	JUNE 26 TH 2010	GRANGE RD WEST, BIRKENHEAD
MODULE 1	JULY 18 TH 2010	STRODE COLLEGE, SOMERSET
MODULE 1	JULY 11 TH 2010	JUMPERS REBOUND CTR, GILLINGHAM
MODULE 1	AUGUST 22 ND 2010	BENHAM SPORTS ARENA, NORTHAMPTON

VENUE ADDRESSES :

GRANGE ROAD WEST, PRENTON, BIRKENHEAD, CH43 4XE

STRODE COLLEGE, CHURCH ROAD, STREET, SOMERSET BA16 0AB

JUMPERS REBOUND CENTRE, MILL ROAD, GILLINGHAM, KENT. ME7 IHN

BENHAM SPORTS ARENA, KINGS PARK, NORTHAMPTON. NN3 6LL

APPLICATION CRITERIA :

- MODULES ARE ACCESSIBLE TO UKCC LEVEL 2 TRAMPOLINE COACHES, AND CYCLE 5 COACH AND CYCLE 6 LEVEL 2 COACHES WHO HAVE ATTENDED THE SKILLS UPDATE DAY.
- YOU WILL BE REQUIRED TO BRING A GYMNAST TO THIS MODULE
- DETAILS OF THE SKILLS UPGRADE COURSES ARE AVAILABLE ON THE BG WEBSITE IN RECENT NEWS.

THESE MODULES MUST BE COMPLETED SEQUENTIALLY.

- TRAMPOLINE LEVEL 3 / CLUB COACHES ENTER AT MODULE 2
- TRAMPOLINE LEVEL 4 / SCC – CAN BE ATTENDED FOR CPD UNITS AND WILL BE ISSUED A CPD CERTIFICATE.
- THE TRAMPOLINE BULLETIN DETAILS THE CHANGES TO THE STRUCTURE OF TRAMPOLINE AWARDS AND IS SHOWN ON THE BG WEBSITE IN RECENT NEWS